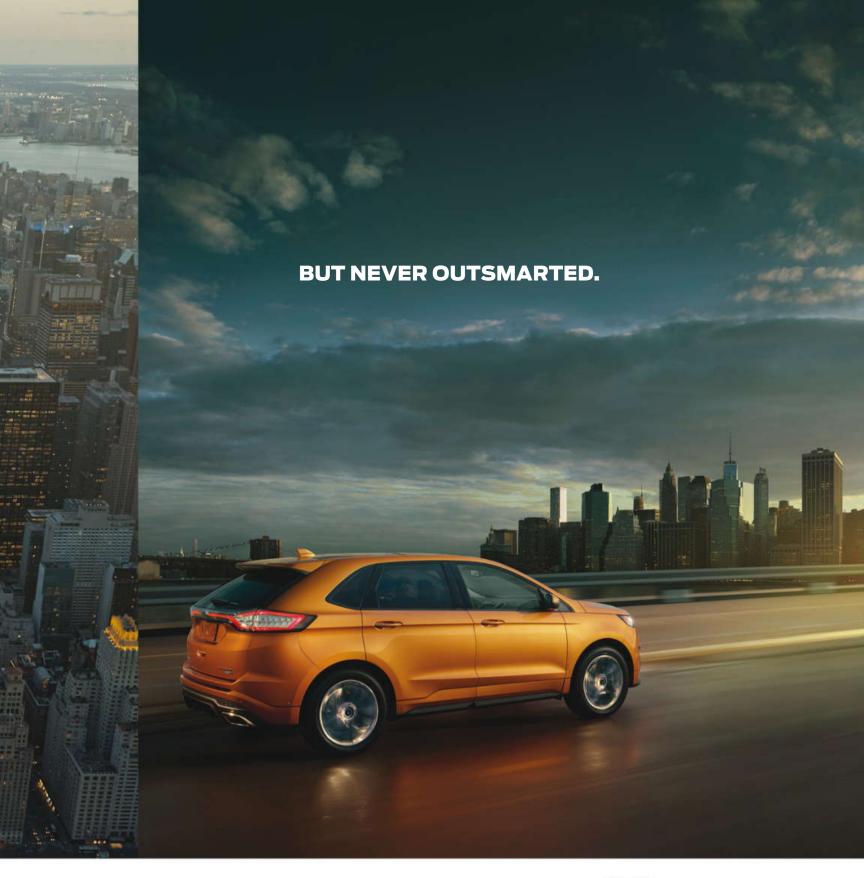
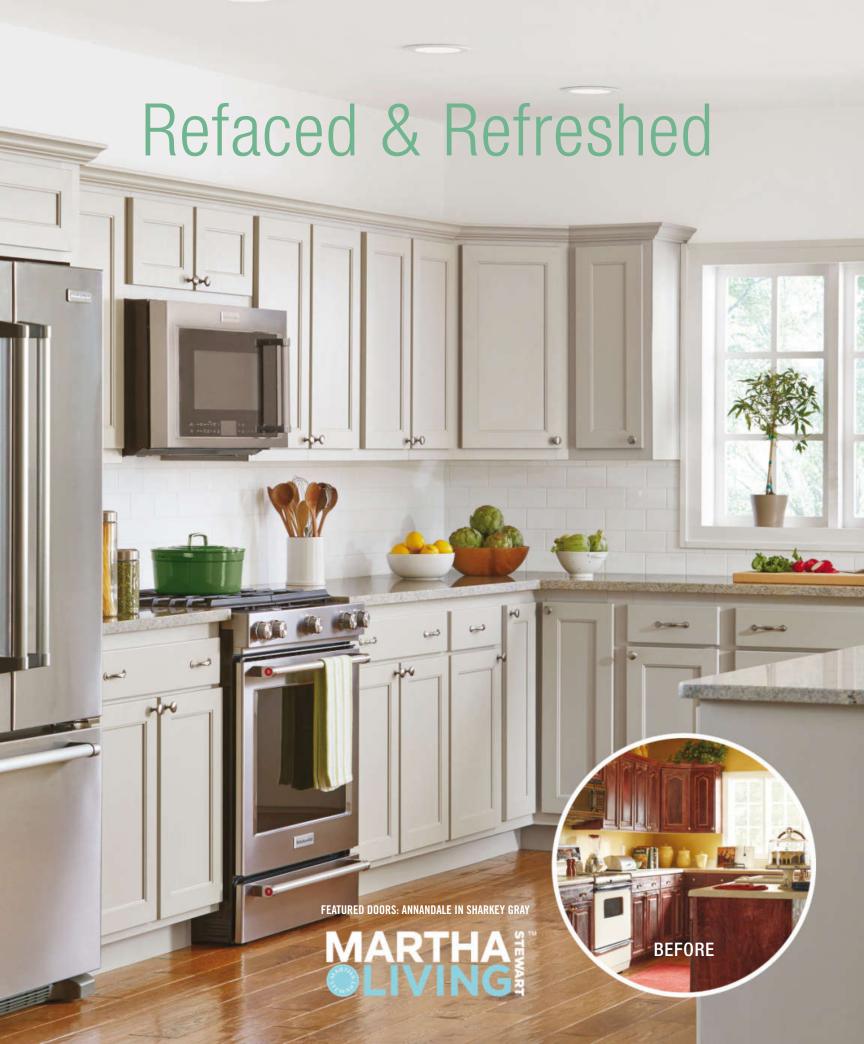


The completely redesigned 2015 Edge is here and ready for almost anything, with available features like a front 180-degree camera, enhanced active park assist and Lane-Keeping System. It's comforting to know you have a few surprises of your own. Go to ford.com to find out more.









# Quick & Easy



#### **HOW DOES REFACING WORK?**

Choose a door design from Martha Stewart Living to fit your style and budget. To help, The Home Depot brings the refacing showroom to you!

You can keep using your kitchen and appliances throughout the 3 – 5 day installation process.







#### new look, new options

Along with new doors, it's easy to add functionality, like enhanced storage or a kitchen island.

Enjoy your updated space and the beautiful style that makes Martha's kitchens a customer favorite!

Learn more at







# PHOTOGRAPH BY VALENTYN VOLKOV/ALAMY; ILLUSTRATION BY BROWN BIRD DESIGN

# Martha's Month

 $Gentle\ reminders,\ helpful\ tips,\ and\ important\ dates.$ 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY FRIDAY SATURDAY		
				1	2	3
				Plant garlic  Pastry tasting for Martha Stewart Café (martha stewartcafe.com)	Cohost a FEED Supper with Kevin Sharkey to help fight world hunger (feed projects.com)	Harvest winter squash; make lasagna (see page 93)  Cut dahlias from garden for arrangements
				Cardio and core	Weight training	
4	5	6	7	8	9	10
Horseback ride Schedule regular gutter cleanings	It's Breast Cancer Awareness Month— schedule mammogram	Dig and divide hostas	Clean stainless steel appliances with white vinegar	Editor in chief Eric Pike's birthday Attend Friends of Hudson River Park's gala celebration in New York City as honoree	Pack away summer clothes in canvas storage bags	Pick quinces; make quince tarte Tatin
11	12		14	15	1	17
		13	-	15	16	17
Horseback ride Move tropical plants into greenhouse	Host Martha Stewart Weddings bridal- market party in New York City	Prepare chicken coops for winter; install heat lamps Get seasonal flu shot	Speak at Chi- cago Ideas Week (chicago ideas.com)	Clean terra-cotta planters and store indoors  American Folk Art Museum fall benefit gala in New York City  Cardio and core	Harvest pumpkins Decorate house for Halloween  Weight training	Host rosé brunch at New York City Wine and Food Festival (nycwff.org) Set up and clean cider press
18	19	20	21	22	23	24
Senior EVP of merchandising Patsy Pollack's birthday Fall foliage hike with friends Pick apples and make cider	Friend Laurence Booth-Clibborn's birthday Last day to vote for this year's Martha Stewart American Made Audience Choice Award!	Visit Spain as guest of American am- bassador James Costos and interior designer Michael Smith	Have chimneys cleaned	Have horses reshoed	Have firewood stacked	Return from Spain
25	26	27	28	29	30	31
Pony ride and pumpkin-carving with grand- children	Leaves, leaves, leaves! Keep up with leaf removal and take to compost area	Take down awnings and put outdoor furniture in storage	Begin wrapping shrubs in burlap to pro- tect them from winter winds	Swap out summer bedding for winter bedding	MIT's Media Lab 30th anniversary event in Cambridge, Massachusetts  Weight training	Dress in costume!  Set clocks back for daylight saving time tonight at 2 a.m.



IN SEASON

Apples and pears aren't the only fall fruits—try their relative, the quince. The flesh is tart, even astringent, when raw, but cooking coaxes out its sweetness. Quinces are delicious in desserts and savory dishes. Find our favorites at marthastewart.com/quince-recipes.

#### HALLOWEEN TRICK



## Long-Lasting Jack-o'-Lanterns

For a decoration you can enjoy year after year, start with a Fun-Kin. The realistic faux pumpkins, made of low-density foam, carve like the real thing but with a lot less mess. To use one as a candy dish, carve a wide mouth and place a bowl inside for treats.

**Fun-Kins,** from \$20 each, store.funkins.com.





Hand-dipped from a beeswax blend, these tapers from Creative Candles light up any room with a slow, smokeless, dripless burn. For details and more artisanal items, browse our American Made eBay Market.

bebay.com/
americanmade



INSTAGRAM FAVORITE

Thanks to all who shared photos of creative Halloween costumes! We were seriously spooked, especially by @artzagram's Day of the Dead ensemble. For the chance to see your photos in our magazine, follow us on Instagram.

@@marthastewart



The trivets of the past often had three legs to protect pots and kettles over an open flame. While they're now more often used as serving pieces to protect tabletops from hot dishes, many continue to be made of cast iron, and their latticework designs still look beautiful on any table. Look for these and brass examples at flea markets or online.

eBay search terms: vintage trivet or antique trivet

# Out & About

Where we've been, what we've seen, and where you'll find us.



ON THE ROAD

When food editor at large Sarah Carey dined at Russet, near Philadelphia's Rittenhouse Square, she was impressed by the seasonal menu, as well as the warm, welcoming atmosphere.

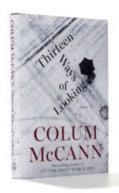
For an indulgent fall brunch, try the eggs en cocotte, *above*, topped with black truffles and served with quince confit, braised rainbow chard, and toast.

💡 Russet, Philadelphia 🕨 russetphilly.com

#### VIDEO

#### From the Test Kitchen

Planning a fall-harvest feast? Check out the recipes developed and perfected by our food editors right out of our kitchen studio. Their top picks for this time of year include a meatball-mozzarella casserole, baked ricotta and greens, and an apple-butter layer cake. For details, plus more recipes, expert tips, and time-saving techniques, visit marthastewart .com/testkitchen.



#### LIVING BOOK CLUB

Colum McCann has a knack for getting readers into the minds of his characters, and with Thirteen Ways of Looking (Random House), he does it again. His latest collection of short stories—the first in more than a decadereminds us of the significance of even the smallest moments.

marthastewart.com/book-club

Celebrate Fall with M&M'S® Chocolate Candies.



Put your carving knife away. This festive pumpkin is pasted with paper cutouts. For details, turn to page 58.

**THE LIGHT CHANGES** in fall. Richer and warmer, it comes at you less directly, a result of the earth's tilt as it makes its way around the sun. You are, quite literally, seeing everything in a different light.

Here at *Living*, we, too, are seeing things anew. In "Mastering the Art of Collecting" (page 76), Martha shares her lifelong passion for copper pots and pans, traditional cookware that suddenly feels fresh again. In "Return to Splendor" (page 84), marigolds, often deemed ordinary or old-fashioned, play a starring role in the ongoing revival of Untermyer Gardens, a lush estate in Yonkers, New York.

This issue isn't just about rekindling old trends, though. It's also about approaching traditions from new perspectives. For instance, in "Mix Masters" (page 102), we spotlight two beautiful kitchens that treat wooden cabinetry in a thoroughly modern way. And in "Haunt + Gather" (page 96), we present creative decorating ideas for Halloween that are sure to appeal to both kids and grown-ups. You'll find lots of inspiration in this story—but not one conventional jack-o'-lantern. After all, Halloween is supposed to thrill, and what better way to do that than to surprise and delight?

Epic A. Pike Eric A. Pike, editor in chief

PS We're celebrating National Beauty Month by giving you a chance to win dozens of award-winning beauty products. You can enter at beautybash.me through October 31. See page 40.



Be sure to vote for this year's **Audience Choice** Award! (Voting ends October 19.) Go to martha stewart.com/ americanmade for details, and while you're there, purchase tickets to our American Made Summit, a daylong networking event and lecture series, to be held November 7 at our headquarters in New York City.

**AMERICAN MADE** 

#### WHERE IS HE NOW?

Before votes get tallied for this year's Martha Stewart American Made Audience Choice Award, let's catch up with 2014's winner, craftsman Chase Allen.



Chase Allen lives and works on tiny Daufuskie Island (population 600), off the coast of South Carolina. But when the creator of whimsical metal sculptures won our 2014 American Made Audience Choice Award, he made connections far and wide.

How has winning the award changed your life?

More people have found out about my work, and as a result, I'm selling more. It also brought a lot more people to Daufuskie Island. You get that stamp of approval from Martha, and that goes a long way in the art and artisan worlds.

What are you working on now? I'm updating my website, ironfishart.com, and working on a new line of artwork. The new pieces are steel canvases with coastal subjects that I handhammer from behind.

I then put hundreds of little torch cuts in each piece. In the daytime, it looks like just a piece of art, but at night, when you place it over light, it's illuminated.

What was your experience like at the American Made Summit?

I loved meeting Martha! Everyone made us feel like stars. But aettina a chance to talk to the other winners was the highlight. We had so much in common. We all have had to make hundreds and hundreds of tiny decisions that ultimately determine our futures. I'm not in a city where I can go and have coffee with other makers and creative types. So to be in a room with people who've had similar experiences was just great. I was inspired by them. I don't think any of us wanted to leave.

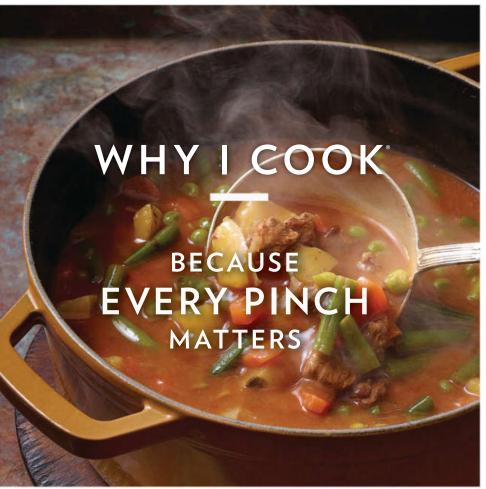
[For the extended interview, go to marthastewart.com/chase-allen.]



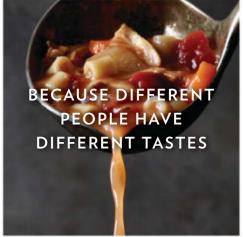












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# MASTERING THE ART OF COLLECTING

How Martha's love of French cooking led to a passion for classic copper cookware.

90

#### **SQUASH, ANYONE?**

Three varieties—butternut, acorn, and kabocha—are featured in these six hearty and versatile fall dishes.

96

#### **HAUNT + GATHER**

Our bewitching Halloween displays are frighteningly easy—and amazingly affordable—to construct yourself.

102

#### MIX MASTERS

Two couples **livened up their kitchens** by combining multiple materials and incorporating color into their designs.



84

#### **RETURN TO SPLENDOR**

A recently launched conservancy helps restore a grand but nearly forgotten early-20th-century garden to classic form.

The Indo-Persian Untermyer Walled Garden, in Yonkers, New York, features a canal that leads to a large reflecting pool.











est. 1902

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# **FROM MARTHA**

#### **Polishing Metals**

Tips and techniques for getting the tarnish off your copper, brass, and silver.



**GOOD THINGS** 

A simple-to-make DIY headboard, colorful etched pumpkins, cut-and-paste paper treat bags, and more.

# **BEAUTY & STYLE**

#### **National Beauty Month**

The latest, greatest innovations in skin and hair care, makeup, nail polish, and fragrance. 37

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#### American Made

How a devastating injury led Francesco Clark to launch a skin-care line that now has





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#### Health

Vitamin D is important for our health—but how much do we need, exactly? Here's the latest research. 116

#### Pets

Costumes that will make your dog or cat the life of the Halloween party. 120

#### Homekeeping

A primer on caring for wool sweaters. 122

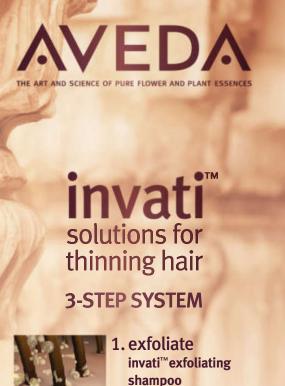
#### On the Cover

A basic découpage technique and our clip art combine to create a colorful seasonal display. (For the how-to, see page 60.) Photograph by Yasu + Junko.

#### **IN EVERY ISSUE**

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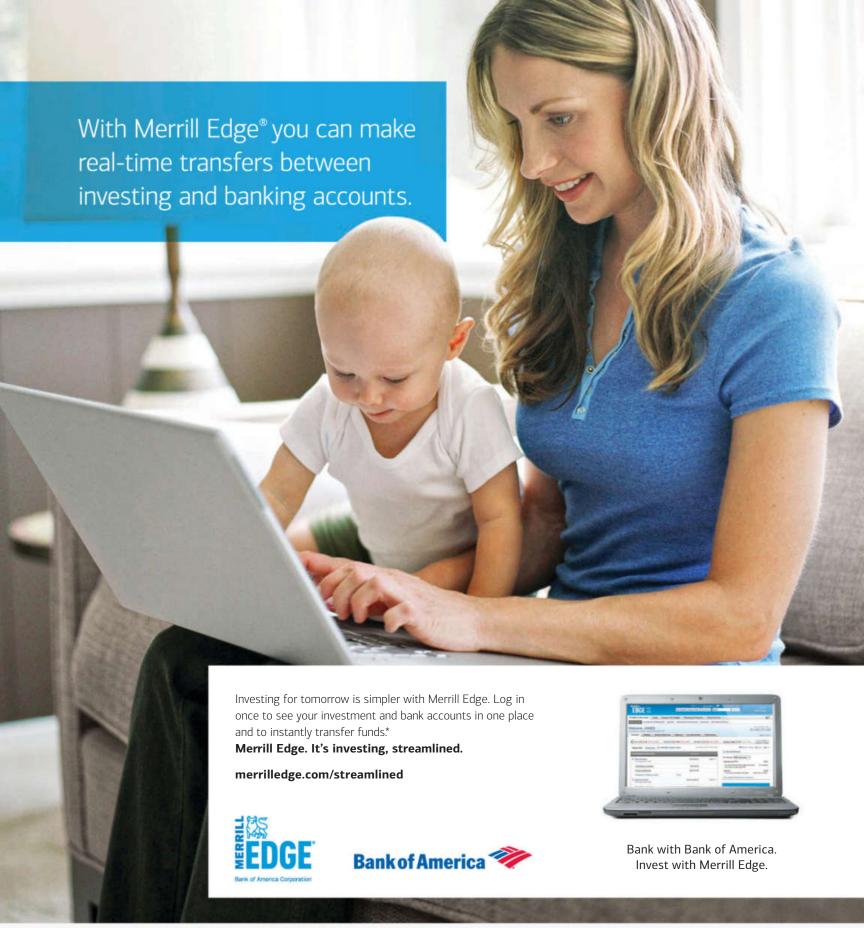
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# HAIR AND MAKEUP BY DAISY SCHWARTZBERG

# FROM MARTHA

Teach and Inspire



# **Taking a Shine**

Copper, brass, and silver pieces add warmth and elegance to any room. Over time, tarnish is inevitable—but it's easy to polish away. Follow a few simple tips to keep these metals looking their most lustrous.

PHOTOGRAPHS BY JOSÉ PICAYO

#### Polishing Metals

#### FROM MARTHA

#### TIPS AND TECHNIQUES

Tarnish can't be avoided: It's caused by the reaction between a metal object and its environment. Sunlight, moisture, heat, fireplace smoke, and certain foods are all common culprits. But tarnish itself isn't harmful, so polish only to maintain the gleam that you like.



#### **Golden Rules of Polishing**

- 1. Be gentle. Polishing wears off small amounts of metal each time, a crucial consideration for plated pieces—you can eventually rub right through the plating. Don't polish away patina: If you work hard to remove the tarnish from every crevice in a silverware pattern, for example, you're reducing the contrasts of dark and light that show off that pattern.
- 2. Use a good-quality product formulated for the specific metal ("all-purpose" polishes can be too harsh). Chemical dips are generally too strong and should be avoided.
- **3.** Look for a previous polishing pattern—often up-and-down on cutlery and circular on pots or other large pieces—and follow it.
- **4.** Use soft cotton cloths to polish; old T-shirts work well. Reserve a different cloth for each metal so you don't mix products.
- 5. Don't be afraid to enjoy your metal treasures. Using silverware, for example, means that it's getting washed more often, which helps keep tarnish at bay.



Washing Start by hand-washing items with mild soap. This removes dust and dirt and may remove some tarnish, too. Dry each item carefully.



Polishing Follow the package instructions for each polish. After polishing, rewash pieces that you use for cooking or serving food. Decorative or display items can just be buffed.



**Getting Into the Nooks** A soft toothbrush is great for polishing patterns and hard-to-reach spots.

#### Metal by Metal Special considerations for each material.

#### 1

#### Silver

Avoid using silver with sulfurous food (such as eggs), as well as prolonged contact with salt. Hand-wash your silverware rather than putting it in the dishwasher. When silver isn't in use, you can slow tarnish by storing it in protective cloth. Pacific Silvercloth, from \$23 a yd., silverguard.com.

#### 2

#### Copper

Outdoor decorations made of copper are often left to develop a green patina. (Think of the Statue of Liberty.) Cookware and other items are usually polished. My favorite copper polish is from Eve Stone Antiques (\$40, eve stoneantiques.com). It works beautifully and leaves a protective coating on the metal so it will tarnish less quickly.

#### 3

#### **Brass**

This alloy of copper and zinc tarnishes easily, which is why many pieces are coated in clear lacquer. The problem is that this lacquer can chip and the metal can begin tarnishing beneath the coating, which then needs to be removed. So, like many collectors, I prefer unlacquered brass, and polish it when necessary.

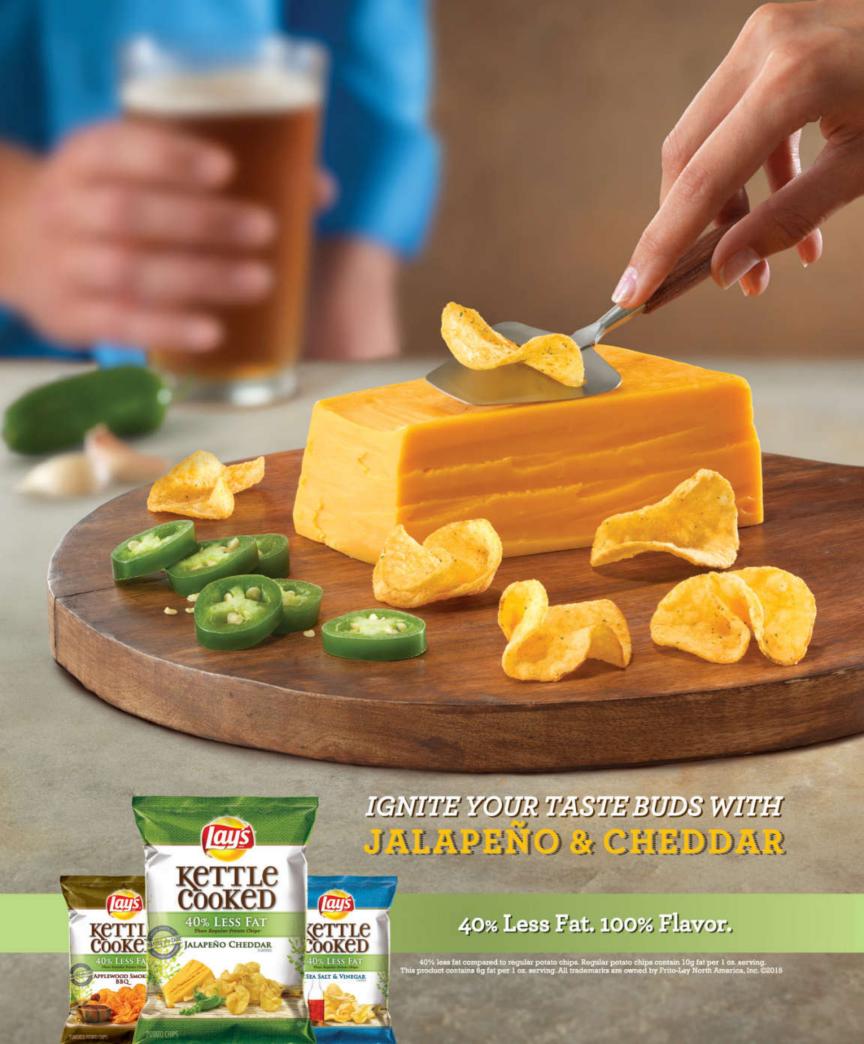
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# **GOOD THINGS**

Upgrades, Solutions, Inspirations



#### GOOD THINGS



#### FOOD

#### The Playful Dead

These brightly fashioned cookies are a snap to make. They are inspired by the festive sugar skulls crafted in Mexico to celebrate the Day of the Dead, a holiday that honors deceased loved ones on November 1 and 2. Rather than piping on intricate details here, we used an array of small candies, like sprinkles and cinnamon hearts. Our cookie recipe (at marthastewart.com/chocolatecinnamon-cookies) yields 15 skulls, each just dying for a colorfully customized face.

- 1. With your fingers, make a dent at the narrow end of a 5-to-6-inch-long oval cookie cutter to create a chin shape. Roll out dough; cut out shapes.
- 2. Arrange cutouts 1 inch apart on parchment-lined baking sheets; bake until set, 8 to 10 minutes. Let cool completely on sheets on a wire rack.
- **3.** Stir together 4 cups confectioners' sugar and 6 tablespoons milk until smooth. Transfer to a squeeze bottle or a resealable plastic bag with a corner snipped off.
- **4.** Outline cookie edges with icing, leaving a ¼-inch border; fill in with more icing.
- **5.** Use larger candies, like cinnamon hearts and licorice diamonds, for eyes and nose, and smaller sweets, like sprinkles and candy-coated sunflower seeds, for mouth.



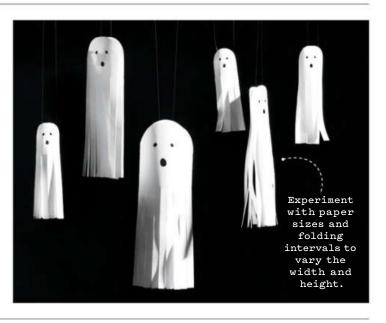
Keep your table linens crease-free and ready for a party by storing them around cardboard tubes. Wrap dinner napkins around a paper-towel roll and cocktail napkins around a bathroomtissue tube.

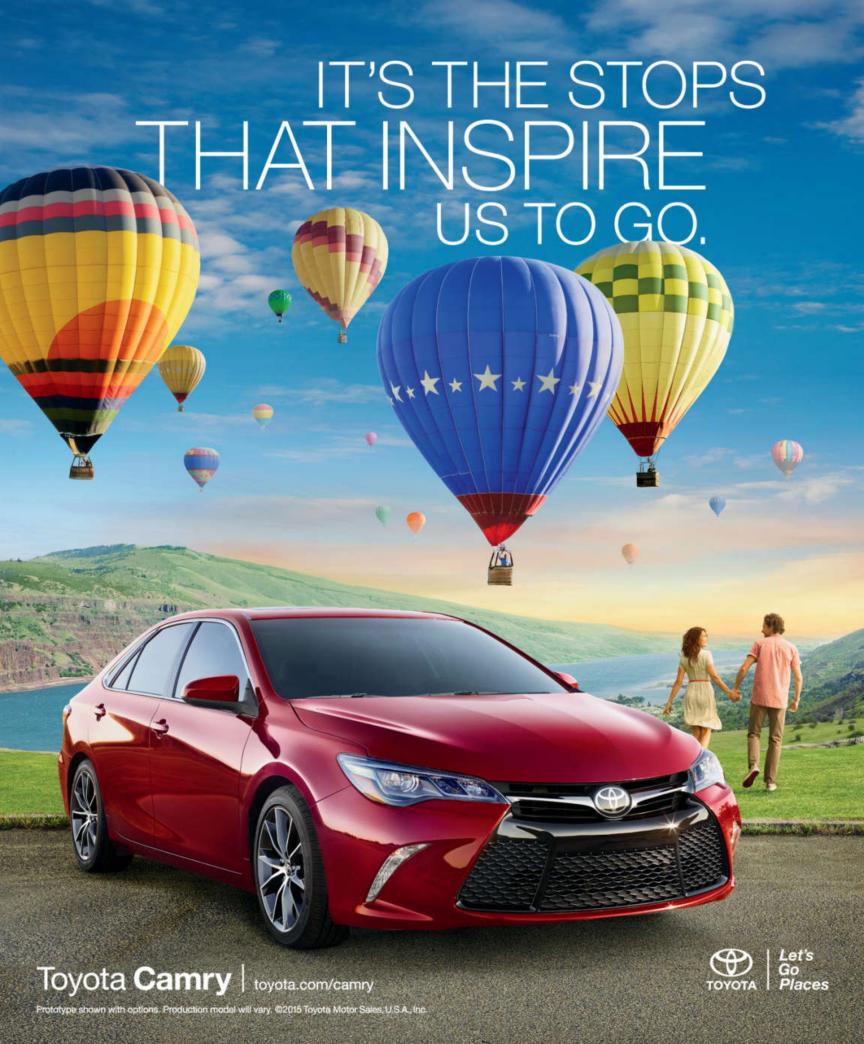
#### CRAFT

#### **Ghoulish Behavior**

Made from text-weight paper, a whole horde of ghosts can be unleashed to greet trick-or-treaters. Start by using a fringe cutter on the entire length of a sheet of paper. (We used 8½-by-11-inch and 11-by-17-inch sheets.) Then fold sheet over itself at every four-to-ninestrip interval, depending on desired width. Next, join the two ends with doublesided tape; round corners of unfringed edge with scissors to create top of ghost. Draw a face with black marker. Open ghost up to a cylinder with one end fringed. Cut a 2-by-1/2-inch strip from a new sheet of paper; secure strip across top of ghost head with double-sided tape to create a loop. Thread string through loop-and it's ready to hang.

**Fringe cutter,** by Martha Stewart Crafts, \$25, michaels.com.





#### GOOD THINGS





Choose a leaf template (at martha stewart.com/watercolor-pumpkins). Reduce or enlarge as needed, then print. Attach to pumpkin with clear tape. With an awl, pierce holes along perimeter of each leaf shape.



Remove template, and use a narrow-bladed linoleum cutter to remove skin along marked holes. Then use a wide-bladed cutter to pare away skin within design. Paint exposed flesh right away.



FOOD

#### All Abuzz

Can't decide between a post-dinner drink and a hit of caffeine with something sweet? This mocha cocktail should satisfy both cravings. Combine 1 ounce chopped bittersweet chocolate and 1 teaspoon sugar in a cocktail shaker. Pour a hot espresso shot (11/2 ounces) over chocolate mixture: stir until smooth. Add 2 ounces chilled vodka and a few ice cubes. Shake vigorously several times, then strain into a chilled martini glass. Spoon over top a few tablespoons of heavy cream that's been whipped just until silky and thick; stir with a toothpick to create streaks. Serve immediately.



To keep the floor of the cabinet under your kitchen sink tidy, line it with sticky-backed vinyl tiles from a home-improvement store. Leaks and spills can be wiped clean in seconds.



## Sausage CHICKEN ALFREDO READY IN: 1-HOUR 15 minutes

#### Ipkg. Hillshire Farm Smoked Sausage

- 3 chicken breast halves cubed
- 2 theps: butter, divided
- 2 eleves garlie, minced, divided
- 2 thsps. chopped flat-leaf parsley
- 1-1/2 tsps. Italian seasoning
- 1/2 onion, diced

#### 1 1/2 tsps. salt

#### 1/2 tep, ground white pepper

- 8 oz. pasta, cooked, drained
- 2 cups heavy cream
- 2 tsp. Cajun seasoning
- 1/2 cup grated Parmesan
- 1. Prepare pasta according to package directions: drain and set aside.

#### Sauté sausage for 5 minutes.

- 2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-highheat until chicken is no longer pink Stir in onion and parsley, cook until onions are transparent.
- 3. Add garlio eleves, cream and Cajun seasoning and boil. Reduce heat: simmer 3-4 mins, or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



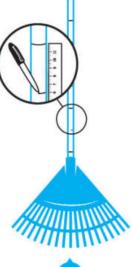
#### **GOOD THINGS**

#### FOOD

#### **Delicious, Bar None**

If you're concerned about what goes into store-bought energy bars, make your own.

First, coat an 8-inch square baking pan with nonstick cooking spray. Line with parchment; spray parchment. In a bowl, combine 1 cup chopped roasted unsalted cashews, 1½ cups crispy brown-rice cereal, ¾ cup old-fashioned rolled oats, and ¾ cup each chopped pitted dates and sweetened flaked coconut. In a small saucepan, stir together ¾ cup cashew butter, 3 tablespoons unsalted butter, and ¼ cup honey over medium heat until butter melts and mixture is smooth. Pour over dry mixture, stirring to coat evenly. Press into pan. Refrigerate at least 2 hours. Remove from pan, drizzle with 1½ ounces melted bittersweet chocolate, and refrigerate





Turn your garden rake into a two-in-one tool for planting and evenly spacing bulbs. All you need is a black marker and a ruler to delineate inches along the handle.



#### CRAFT

#### Freaky Favors

Plain black and white favor bags get into the Halloween spirit with this quick trick: Download our spooky skull features (at marthastewart.com/skull-treat-bags), then print them out on black and white paper. Cut out the shapes and adhere them in place to treat bags with a glue stick. Fill with a mix of goodies.

**Treat bags,** by Celebrate It, 1 lb., in Black and White Matte, \$3 for 16, michaels.com.



#### **GOOD THINGS**



#### HOME

#### **Reflect on This**

Adorn standardissue round mirrors with colorful cord and they'll not only embellish a room, they'll give the illusion of more space, too.

#### ноw-то

- 1. For an 8-inch-diameter mirror, cut an 80-inch piece of paracord (light-weight nylon rope, available at crafts-supply stores) and fold in half. For larger mirrors, add 2 inches of cord for every additional inch in diameter.
- 2. Tie a basic knot 13 inches from the folded end, so you have a 13-inch loop. (For larger mirrors, add 1 inch for every additional inch in diameter.) Lay mirror, reflective-side up, on a flat surface, and place cord on top, with loop near upper edge and knot near lower.
- 3. Bring loose ends of cord around back of mirror. Thread them through loop at top (pulling tight to prevent slippage). Spread apart cord on front of mirror to form a V.
- 4. Finish by tying a basic knot a few inches from end of strings, then hang from a knob. (We used cabinet knobs.)

#### Sources

**550 nylon paracord,** by SecureLine, %2", from \$3.50, walmart.com. **Mirrors,** from \$5 each, jamaligardens.com.

#### GOOD THINGS



#### CRAFT

#### **Fang Out**

Much faster than carving out teeth-and scarier (or goofier, depending on your jack-o'-lantern's personality)—widely available acrylic nails give gourds a brilliant dental transformation. If you're using Fun-Kins (faux pumpkins), simply poke the bases of the nails into the mouth. For natural pumpkins, hot-glue a toothpick to the back of each nail for easier insertion. Don't forget to experiment with new expressions. (Go to marthastewart.com/ fang-pumpkins for templates to help with the carving.) And try painting your gourds (as we did, in black) and playing with a mix of tips and nail colors, too.



#### FOOD

#### DIY Dulce de Leche

It's astonishing that such a luxuriously smooth, rich, sweet concoction as dulce de leche can be made from just one ingredient. How? Place a can of sweetened condensed milk (with the label removed) on its side in the bottom of a stockpot filled with water. Gently boil 2 hours, replenishing the water as necessary to keep the pot full and the can submerged. (This prevents it from bursting.) Using tongs, transfer the can to a wire rack and let cool completely before opening. Drizzle the caramel over ice cream, or use it as a filling for sandwich cookies. (Leftover dulce de leche can be stored in the refrigerator in an airtight container and rewarmed in a double boiler or microwave.)

#### CRAFT

#### Pick of the Litter

What great luck to cross paths with one of these black kitties!
The adorable toothpick toppers are purr-fect as mini-cupcake decorations and point to the sweet side of Halloween. Our flower punches and clip art add up to a foolproof design. As for materials, you just need toothpicks, black card stock, and a glue stick.

#### ноw-то

- 1. Print out our clip art of double-sided cats (at marthastewart.com/kitty-picks).
- 2. Cut out each side and use a glue stick to secure the two faces together over a toothpick.
- 3. Use a craft punch to cut out a collar from black card stock, then poke toothpick through center.

Embossed Pop-Up Flower and Arabesque Flower large craft punches, by Martha Stewart Crafts, from \$20 each, joann.com.







# WONDERMADE

#### McCLURE'S

McClure's uses simple family recipes and a little Detroit know-how to make everything from pickles to tapenade to Bloody Mary mix and beyond.

On their Triscuit, they started with a little goat cheese, added McClure's olive tapenade and topped it with a bit of chive. It's simple and simply delicious.

mcclures.com

#### Wondermade's mission is as simple as their product. They make really great marshmallows. Period. They create flavors ranging from blackberry to peanut butter

cup to gold champagne.

For us, they made a Triscuit with hazelnut spread, a banana slice, and a toasted Blackberry Marshmallow. It's familiar,

wondermade.com

but oh so much more.

# MAKERS MORE

### featuring McCLURE'S & WONDERMADE

We believe when you start with simple ingredients, you can make so much more. So Triscuit is celebrating makers from across the country who do just that.

This month, we're celebrating McClure's from Detroit, and Wondermade from Orlando.

Their dedication to simplicity and to their craft inspires us every single day. And we think they'll inspire you, too.

Check out the Makers of More in upcoming issues of *Martha Stewart Living*, and discover the maker in you at **pinterest.com/Triscuit**.

#### **Triscuit made for more**





#### MARTHA STEWART COLLECTION™

Only at Macy's. 8-qt. enameled cast-iron casserole. 219.99. Mangia collection apron. 21.99. ★ 2246508. Wood pizza peel. 19.99. ★ 2295387. Pizza stone. 19.99. ★ 2160102. Gadgets. 3.99-34.99. ★ 439000.

To view Macy's and Martha's Quick Tip videos, recipes and more visit macys.com/marthastewart

### **Plenti**

A new way to get rewards at Macy's and lots of other places!

Join for free Start earning points! Details at macys.com/plenti



**Take your pizza party over the top!** From herbs to olives and sauces to sausages, you'll find delicious ideas for making the perfect pies at **mblog.macys.com** And if you're craving more, be sure to follow our Macy's and Martha Board on Pinterest!



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### PROP STYLING BY ELIZABETH PRESS

### **BEAUTY & STYLE**



## PHOTOGRAPH BY BRYAN GARDNER (SMEARS); ILLUSTRATIONS BY BROWN BIRD DESIGN

### National Beauty Month

### **BEAUTY & STYLE**



### **OIL RUSH**

Potent seed-based oils (think argan and apricot) have been all the rage lately for delivering extra moisture into face creams and hair treatments. Now formulators have figured out a way to infuse them into makeup—so every quick lipstick or foundation touch-up offers an opportunity to spotquench. Bonus: They ensure that colors glide on smoothly, too.

TRY Above, from left: YSL Volupte
Tint-in-Oil, \$32, yslbeautyus.com. Josie
Maran Coconut Watercolor Lip Stain
+ Shine, \$22, josiemarancosmetics.com.
Physicians Formula Argan Wear UltraNourishing argan-oil BB cream with SPF
30, \$15, physiciansformula.com.

### THE BUZZ FROM KOREA

Having enlightened the world with BB and CC creams, this Pacific beauty powerhouse is offering yet another complexion-enhancing contribution: essences. Also known as essence lotions, they're applied after cleansing but before a serum. You might mistake them for water droplets, but in fact

they often contain treatment ingredients, such as salicylic acid or probiotics, to give skin a nice glow. What's more, says Mona Gohara, an assistant clinical professor of dermatology at Yale Medical School, "essences help replenish the fatty acids in the skin's barrier, maximizing the effects of any product applied on top."

TRY | Kiehl's Iris Extract Activating essence treatment, \$45, kiehls.com. Sulwhasoo Essential Balancing Emulsion, \$63, us.sulwhasoo.com. The Body Shop Oils of Life Intensely Revitalising essence lotion, \$22, thebodyshop-usa.com.

### **SPEAKING VOLUMES**

The thick hair of your 20s may soon be a reality at any age. The FDA has approved a stronger 5 percent minoxidil formula for women, to coax new growth and thicken fine hairs. Applied once daily, the foam (no drippy mess!) promises lusher locks—48 percent denser, according to clinical studies—in three to six months.

TRY | Women's Rogaine 5% Minoxidil Topical aerosol, from \$30, womensrogaine.com.

### **CHIN UP!**

Even as cosmetic injectables boost cheeks, sculpt jawlines, and dissolve wrinkles, there haven't been nonsurgical options for double chins. But now a new treatment holds promise. With Kybella by Kythera Biopharmaceuticals (also known as ATX-101), doctors can deliver deoxycholic acid-a fat dissolver also found naturally in our bodies-right into that stubborn excess padding and diminish it. For those genetically predisposed to fat in the area, it's especially welcome. As New York City dermatologist Heidi Waldorf points out, "double chins are often seen in people who are not overweight. And diet and exercise rarely make a dent."

TRY | From \$1,000 a treatment; go to mykybella.com for more information.

### **CLEAN SWEEP**

A crop of ingenious new inventions lets you treat your nails to the high shine of gel polish or glitter—without weakening them during the color-removal process. The new polymer technology in Sally Hansen's new base coat allows any polish you slick on top of it to be easily peeled—instead of scraped—off. (It works wonders for dark polishes, too.) And textured wipes from Butter London gently scrub away the remnants of sparkle nail enamels.

TRY | Sally Hansen Big Peel Off base coat, \$6, sallyhansen.com. Butter London Glitter Scrubbers textured remover wipes, \$12, butterlondon.com.

### **TAKE IT SLOW**

Rethink how you moisturize. Instead of slapping on those nourishing ingredients in a rush, experts report, we can enhance their effects by applying them with a facial massage. It increases blood flow, reduces puffiness, and improves muscle tone, says celebrity makeup artist Charlotte Tilbury, who uses the technique on all her clients with her rose-hip-and-vitamin-E-infused salve. Curious? Adapt her steps, right, to any product. Results aside, there's no denying the everyday benefits of slowing down.

TRY | Charlotte Tilbury Charlotte's Magic cream, \$100, charlottetilbury.com.

HOW-TO

CHARLOTTE TILBURY'S FACIAL-MASSAGE TECHNIOUE



Lift Complexion Smooth cream over the entire face, then rapidly tap your fingertips on your cheekbones.



Define Contours
Place your
fingers under your
cheekbones and
sweep outward, to
the temples.



Tighten Jawline
Starting on your
chin, use your thumb
and forefingers
to pinch along your
jawline.



Smooth Furrows
Massage your skin
in circular motions,
starting from the
mid-forehead and
moving out to the
temples. Pat in any
excess cream.

### National Beauty Month

### **BEAUTY & STYLE**

### **TWICE AS NICE**

With longer-lasting formulas, it takes some elbow grease to wash away lip stain and waterproof mascara. So it's no surprise that the Asian practice of "double cleansing" is catching on. Before bed, melt away makeup with an oil-based cleanser, such as those listed below, then follow up with your usual cleanser to wash off remaining residue.

TRY | Neutrogena Ultra-Light cleansing oil, \$9, neutrogena.com. Lancôme Énergie de Vie cleansing oil, \$42, sephora.com.



### **JUST A PINCH**

Too-abrasive scrubs are a thing of the past, now that you can customize your own. With the latest exfoliating powders (like the three shown), you simply add as much or as little as you need to your cleanser. Buffing ingredients—such as bamboo and rice-bran powder—declog pores, even out tone, smooth fine lines, and, best of all, are gentle enough for sensitive skin.

TRY | Above, from left: Peter Thomas Roth Camu Camu Vitamin C Brightening Powder cleanser, \$45, peterthomasroth .com. Boscia Tsubaki oil-infused exfoliating powder, \$36, boscia.com. Tatcha Indigo Soothing rice-enzyme powder, \$65, tatcha.com.

### **EAU SO ORIGINAL**

If you're the type of person who hunts high and low for that one-of-a-kind scent, your search just got easier. A new breed of fragrance house is specializing in small-batch artisanal formulations, all created by perfumers with carte blanche to follow their passions. Expect unique notes like saffron and leather, and expensive natural



### **FLEXIBLE BENEFITS**

Giorgio Armani international makeup artist **Linda Cantello** wanted to create a lip gloss that would stretch and bend with lips' every movement. Her inspiration: liquid bandages. The resulting Ecstasy lacquer is a long-wearing, high-shine hybrid that has it all: the glide of a gloss, the finish of lipstick. the moisture of a balm, and the longevity of a stain. Quite a feat of engineering!

TRY Giorgio Armani Ecstasy lacquer, \$38, armanibeauty .com. extracts, like Hawaiian gardenia, instead of synthetic versions. The goal, explains Arquiste founder Carlos Huber, is "to capture the olfactory experience of a particular time or place."

TRY | Arquiste Nanban, \$190, net-a-porter.com. Raymond Matts Sunah Aura de Parfum spray, \$200, raymondmatts.com. Nomaterra Oahu Gardenia eau de parfum. \$150. nomaterra.com.

### **ONCE-STICK WONDERS**

Combining the ease of a pencil with the crease-free finish of a cream, the new long-wearing eye shadows shade, define, and highlight with a flick of the wrist.

Swipe once for a sheer or foil effect.

Swipe twice for a deeper tone.

TRY | Laura Mercier Caviar Stick Eye Colour, \$28, lauramercier.com. Nars Velvet Shadow Stick, \$28, narscosmetics.com.

### **SENSITIVITY TRAINING**

If ice cream or hot cocoa gives your teeth the chills, help is at hand. "Over-the-counter sensitivity solutions help obstruct temperature-related sensations from reaching tooth nerves," says New York City dentist Marc Lowenberg—providing temporary and, sometimes, extended relief. (If you're still feeling the sting, see a dentist to find out if the flare-up has another cause.)

TRY | Colgate Sensitive Toothbrush + Built-In Sensitivity-Relief Pen, \$15, colgate.com. Crest Sensi-Stop strips, \$20 for 6 treatments, crest.com.

### **PATCH WORK**

An overall glow is always welcome, but for those with hard-to-treat areas, the new spot-specific sheet masks can help. Like the full-face versions, these contain hefty doses of plumping ingredients (such as anti-aging peptides), but they're cut to fit under the eyes, neck, or nasolabial folds for a concentrated effect.

TRY Below, clockwise from top left:
SK-II Signs eye mask, \$115 for 14 sheets,
sk-ii.com. Rodan + Fields Redefine
Acute Skincare for Expression Lines,
\$220 for 10 sets, rodanandfields.com.
Shiseido Benefiance WrinkleResist 24
Pure Retinol Express Smoothing eye
mask, \$63 for 12 packets, shiseido.com.
Talika Bio Enzyme Mask Anti-Aging
Neck (not shown), \$14, talika.com.



# PHOTOGRAPHS BY YASU + JUNKO (NAIL POLISHES), BRYAN GARDNER (OTHERS); PROP STYLING BY ELIZABETH PRESS (NAIL POLISHES)



### National Beauty Month

### **BEAUTY & STYLE**

### NEED TO KNOW...

Prepare to be dazzled: We've got an enviable assortment of this year's Cosmetic Executive Women Insiders' Choice Beauty Awards recipients.



### WINNER BEST SELLER

### Sally Hansen Miracle Gel Polish

Get a gel manicure without the salon visit or LED light. Choose from more than 60 vibrant shades, then seal the deal with the Miracle Gel top coat (sold separately) for up to 14 days of chipfree wear. \$10 each, sallyhansen.com.



### WINNER HAIR TOOLS

### T3 Whirl Trio Interchangeable Styling Wand

Short on bathroom storage? Customize those curls with a single tool that creates any kind of bend you desire—beachy waves, tight spirals, flipped-up ends, and more. \$230, t3micro.com.



WINNER SHAMPOO AND CONDITIONER

### Living Proof Curl Conditioning Wash

This new two-in-one sulfate-free formula washes away dirt and styling-product buildup without stripping strands or loosening your curl pattern. \$26, living proof.com.

### WINNER ANTI-AGING

### Shiseido Ultimune Power Infusing Concentrate

Potent botanicals including ginkgo biloba and thyme help reinforce skin's natural immune system— making it more resilient to environmental damage and the signs of aging. From \$65, shiseido.com.



### BLUR Methor ere seasons

ORE

### WINNER EYE TREATMENT

### L'Oréal Revitalift Miracle Blur Instant Eye Smoother

Trick others into thinking you've gotten a full eight hours of sleep. This light-diffusing formula reduces the appearance of aging and fatigue in the undereye area—so your concealer has less to conceal. \$25, lorealparisusa.com.



Dier Addiet El-

### Dior Addict Fluid Stick

Go bold with the fiery pop of this all-inone liquid lipstick. Start by outlining lips with the wand's tip. Then, with its beveled edge, slick on a thin layer of saturated high-gloss color. \$35, dior.com.

### WINNER INDIE BRAND

### **NudeStix**

Makeup minimalists: Consider these portable, easy-to-use crayons your go-to for a fresh-faced look. A pale and pretty palette makes quick work of adding a sheer wash of color to eyelids, touching up lip tone, or hiding blemishes. \$24 each, nudestix.com.



### WINNERS CLEANSER + SCRUB;

MOISTURIZER

### GlamGlow Powermud and Thirstymud Mask

GlamGlow's clay-based treatments stand out for their ability to tone and nourish skin simultaneously.

Thirstymud, top, is a 10-minute überquencher for the face.

Powermud, bottom, starts out as a mud to excavate pores, then morphs to an oily consistency to condition your complexion. \$69 each, glamglow.com.





### American Made

### **BEAUTY & STYLE**







### Clark's Botanicals

2014 STYLE WINNER

Francesco Clark
Bronxville, New York
clarksbotanicals.com

Clark's Botanicals skin care blends the best of science and nature to bring skin into balance.



### Scents of Purpose

Everybody loves an against-all-odds tale, and Francesco Clark has an impressive one to tell. This unassuming entrepreneur never set out to invent a wrinkle cream—he was just searching for a way to regain his life.

PHOTOGRAPHS BY BRIAN FERRY

FRANCESCO CLARK'S REMARKABLE narrative began 13 years ago, when the then 24-year-old made the life-altering mistake of diving into the shallow end of a pool and suffered a paralyzing spinal-cord injury. With his central nervous system impaired, Clark lost the ability to sweat. "I had acne, rosacea, and dry, oily, and sensitive skin all at once," he says. "I couldn't even look in a mirror." He tried it all—from costly prescriptions to over-the-counter treatments—but nothing worked. So Clark and his father, Harold Chandler Clark, a medical doctor trained in homeopathy, began researching natural alternatives. Seventy-eight tries later, they hit on a winner that included jasmine absolute, an extract and oil blend with antibacterial and anti-inflammatory benefits. "We never imagined we'd be selling it," he

admits. Yet once friends saw its effects, they wanted it for themselves.

So what started as a way to balance his compromised skin ultimately brought him balance. The whole family—especially his mother (shown, top right)—pitched in, helping grow Clark's Botanicals to 13 products, with several items, including the Intense Radiance mask and Ultra-Rich lip tint, garnering cultlike followings. (Two of the lip tints are named for fans Julianne Moore and Madonna.) "But all the fanfare doesn't matter if the products don't deliver on their promises," says Clark. This is skin care with a soul: Scientific terms are accompanied by layman's ones, formulas are paraben- and sulfate-free, and all are proudly made in America. "Clark's Botanicals was an organic part of my recovery. Every element has a purpose, and the result is an expression of who I am," he says.







### FLAVORS OF HOME

### CELEBRATE ITALIAN TRADITIONS AROUND YOUR DINING ROOM TABLE

For 150 years Bertolli<sup>®</sup> has been connecting generations with memorable weekly meals. Create your own Sunday dinner traditions with friends and family using these simple and delicious ideas from Bertolli<sup>®</sup>.



FAMILY. In honor of the beloved moments that have shaped your family, take time to share your traditions and memories. Everyone has stories to tell; capture them all by starting a family journal or memory box that can be handed down generation after generation.

FUN. Keep the celebration going by reusing your Bertolli® sauce jar to create an inviting, fresh herb centerpiece. It not only adds a natural aroma to your table, but family members of all ages can enjoy creating this together.

### HERB CENTERPIECE

Children can use paint and stickers to create colorful designs, while adults can play with ribbon and twine to create a table-pleasing centerpiece. Once complete, fill your Bertolligiar with water and add your favorite fresh herb of choice.

Visit VivaBertolli.com for tips on how to preserve your herbs and use them in future recipes.



**FOOD.** Gather the whole family around the dinner table with an Italian Sunday staple, Spaghetti and Meatballs. Create this all-time classic with Bertolli® Olive Oil & Garlic Sauce—sure to be a meal everyone will love.

### SPAGHETTI AND MEATBALLS

### Ingredients

- 1 lb. lean ground beef
- 1½ cup grated Parmesan cheese
- 4 cup Italian seasoned dry bread crumbs
- 14 cup water
- l egg
- tsp. garlic
- 14 tsp. salt
- jar Bertolli® Olive Oil & Garlic Sauce
- 8 oz. spaghetti, cooked and drained

### Directions

- 1. Combine ground beef, Parmesan cheese, bread crumbs, water, egg, garlic and salt in medium bowl; shape into 12 meatballs.
- 2. Bring sauce to a boil over medium-high heat in 3-quart saucepan. Gently stir in uncooked meatballs
- 3. Reduce heat to low and simmer covered, stirring occasionally, until meatballs are done, about 20 minutes. Serve over hot spaghetti and sprinkle, if desired, with additional Parmesan cheese.







## RECIPE AND FOOD STYLING BY GREG LOFTS; STAINLESS STEEL SKEWERS, SURLATABLE.COM

### FOOD & GATHERINGS

Cook, Nourish, Enjoy



# RECIPES AND FOOD STYLING BY GREG LOFTS; STAINLESS STEEL COVERED JUMBO SAUTÉ PAN, 4 QT.; WOOD & MARBLE PADDLE BOARD WITH KNIFE; AND ROASTING BOARD, BY MARTHA STEWART COLLECTION, *MACYS*.COM

### What's for Dinner?

### FOOD & GATHERINGS



Pretzel salt baked into the crust's edges, plus sliced kielbasa and green apple in the topping, put this tart squarely on German ground.

### **Sausage Suppers**

Feast in the fall the Oktoberfest way: with sausages all around! Choose among Italian varieties (sweet or hot, as you like) and smoked sausages—Polish kielbasa and German bratwurst and knockwurst, for example. Here they're matched with longtime flavor partners: lentils and greens in a robust stew, cabbage and cider vinegar in a fast-track sauerkraut, cheddar and apple in a savory tart, and mushrooms and broccoli rabe in a burger. Of course, they all couple nicely with beer.

PHOTOGRAPHS BY BRYAN GARDNER

German Sausages With Quick Kraut and Curry Ketchup



Sausage-and-Mushroom Burgers With Broccoli Rabe



Spicy-Sausage and Lentil Stew With Escarole Salad



Kielbasa, Apple, and Cheddar Pretzel Tart



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### German Sausages With Quick Kraut and Curry Ketchup

Active Time: 30 min. Total Time: 55 min. Serves: 4

- 3 slices thick-cut bacon ( $4\frac{1}{2}$  ounces), cut into bite-size pieces
- ½ head green cabbage, cored and thinly sliced (6 cups)
- 4 medium carrots, peeled and coarsely grated (1½ cups)
- 1 large onion, halved and thinly sliced ( $1\frac{1}{2}$  cups)
- 3/4 teaspoon caraway seeds
  - Coarse salt and freshly ground pepper
- 1/3 cup apple-cider vinegar
- 8 cooked sausages, such as bratwursts, knockwursts, and frankfurters
- ½ cup ketchup
- 1 tablespoon red curry paste
  - Mustard, such as whole-grain, for serving
- 1. Cook bacon in a large straight-sided skillet over medium, stirring occasionally, until golden brown and fat is rendered, about 5 minutes. Add cabbage, carrots, onion, and caraway seeds; season with salt and pepper. Cover and cook, stirring occasionally, until vegetables are wilted and crisp-tender, about 15 minutes.
- 2. Stir in vinegar. Pierce each sausage a few times with a fork and nestle into cabbage mixture. Cover and cook until sausages are warmed through, about 5 minutes. Stir together ketchup and curry paste in a small bowl. Serve sausages and kraut with curry ketchup and mustard.

MARTHASTEWART.COM

### Spicy-Sausage and Lentil Stew With Escarole Salad

Active Time: 30 min. Total Time: 1 hr. Serves: 4

- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 12 ounces spicy Italian sausage, removed from casing
- 2 medium carrots, peeled and finely chopped (3/4 cup)
- 1 small onion, chopped (1 cup)
- 4 cloves garlic, minced (2 tablespoons)

  Coarse salt and freshly ground pepper
- 2 tablespoons tomato paste
- 3 cups low-sodium chicken broth
- 1 cup brown lentils, rinsed and drained
- 1 small head escarole, thinly sliced (5 cups)
- 1 tablespoon fresh lemon juice
- **1.** Heat 1 tablespoon oil in a large pot over medium-high. Add sausage, carrots, onion, and garlic. Season with salt and pepper. Cook, stirring occasionally and breaking up sausage into bite-size pieces, until meat is no longer pink, about 5 minutes. Stir in tomato paste; cook, stirring, 1 minute. Add broth, 3 cups water, and lentils. Bring to a boil. Cover, reduce heat to low, and simmer until lentils are tender, about 30 minutes.
- **2.** Meanwhile, toss escarole with lemon juice and remaining 1 tablespoon oil in a large bowl. Season with salt and pepper. Top stew with escarole salad, drizzle with more oil, and serve.

### Sausage-and-Mushroom Burgers With Broccoli Rabe

Active/Total Time: 35 min. Serves: 4

- 3 tablespoons extra-virgin olive oil
- 12 ounces cremini mushrooms, finely chopped (4 cups)

  Coarse salt and freshly ground pepper
- 12 ounces broccoli rabe (from 1 bunch), cut into 2-inch pieces
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon red-pepper flakes, plus more for sprinkling
- 1 pound sweet Italian sausage, removed from casing
- 4 slices provolone
- 4 Portuguese or ciabatta rolls, halved and lightly toasted Mayonnaise, for serving
- 1. Heat 1 tablespoon oil in a large nonstick skillet over mediumhigh. Add mushrooms; season with salt. Cook, stirring occasionally, until golden brown, about 5 minutes. Transfer to a bowl. Heat 1 more tablespoon oil in skillet over medium-high. Add broccoli rabe; season with salt. Cook until crisp-tender, about 4 minutes. Stir in lemon juice and red-pepper flakes. Transfer to another bowl.
- 2. Wipe skillet clean. Stir together sausage and mushrooms; season with salt and pepper. Form into 4 patties. Heat remaining 1 table-spoon oil in skillet over medium-high. Cook patties, flipping once, until just cooked through, about 6 minutes. Top each with cheese, cover, and cook until melted, about 30 seconds. Serve on rolls with mayonnaise, broccoli rabe, and more red-pepper flakes.

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### Kielbasa, Apple, and Cheddar Pretzel Tart

Active Time: 25 min. Total Time: 50 min. Serves: 4

Buy a pound of fresh pizza dough from a pizzeria, or look for it in the freezer section of the grocery store and thaw according to the package instructions.

All-purpose flour, for dusting

- 1 pound pizza dough, room temperature
- 2 tablespoons Dijon mustard
- 1 large egg, lightly beaten
  Pretzel salt or coarse salt, for sprinkling
- 4 ounces sharp cheddar, coarsely grated
- 10 ounces kielbasa, cut on the bias into  $\frac{1}{2}$ -inch slices
- 1 Granny Smith apple, cored and cut into ½-inch wedges
- ½ small red onion, cut into ¼-inch wedges
- 1/4 cup fresh sage leaves

Extra-virgin olive oil, for drizzling

- 1. Preheat oven to 450° with rack in lower third. On a parchment-lined baking sheet lightly dusted with flour, stretch dough into a 10-by-15-inch rectangle, with a 1-inch border of thicker dough. Brush entire surface inside border evenly with mustard. Brush border with egg, then sprinkle generously with salt. Sprinkle cheese over mustard. Scatter kielbasa, apple, onion, and sage evenly over cheese, then drizzle with oil.
- **2.** Bake until crust is deep golden brown and bottom is set, about 25 minutes; tent with foil if edges brown too quickly. Serve hot.

MARTHASTEWART.COM

### TUNE INfor DELICIOUS

Join Martha Stewart in her kitchen for season five of this 13-episode baking course, featuring Martha's favorite recipes. MARTHA BAKES airs on PBS; check local listings.

Martha BAKES











for tips on making chocolate embellishments with special guest Jacques Torres.



### REAL-DEAL CHILI

With several smart shortcuts, making a pot of chili doesn't have to take hours. Simmer ground turkey in a flavorful purée, then fill it out with shredded smoked turkey. The one-pot meal is hearty and homey—and on the table in 55 minutes flat.

PHOTOGRAPHS BY YUKI SUGIURA

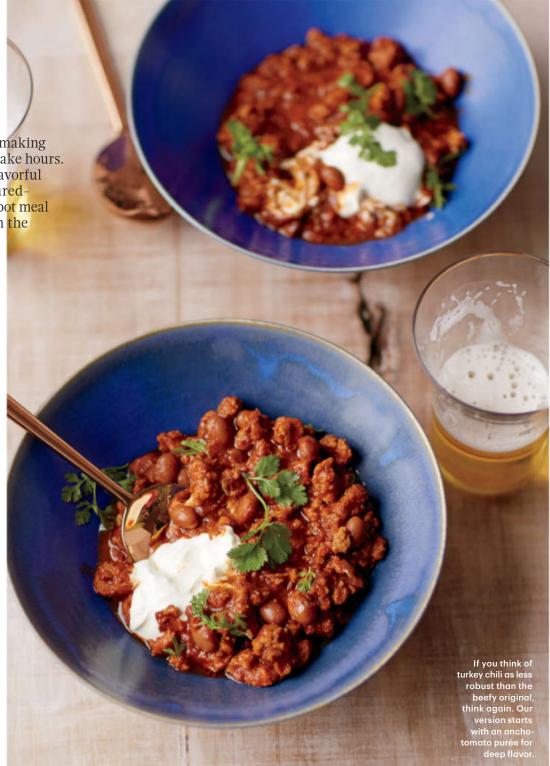
### **TURKEY CHILI**

Active Time: **45 min.** Total Time: **55 min.** Serves: **6 to 8** 

This recipe can be made up to three days ahead—in fact, it gets better the longer it sits. Make sure to buy the precooked variety of smoked turkey for this recipe, which requires only brief simmering to heat through.

- 3 ounces ancho chiles (about 5), rinsed and patted dry
- 2 cups whole fire-roasted tomatoes (from one 28-ounce can)
- 1/2 large white onion, cut into 2-inch pieces
- 3 cloves garlic, smashed
- 1½ cups low-sodium chicken broth
- ½ teaspoon ground cinnamon
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/4 cup safflower oil

  Coarse salt and freshly
  ground pepper
- 2 pounds ground dark turkey meat
- 34 pound cooked smoked turkey necks or wings, skin and bones removed, meat shredded (about 1¼ cups)
- 1 can (15.5 ounces) pink beans, rinsed and drained
  - Sour cream and cilantro sprigs, for serving



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### Test-Kitchen Trick

### FOOD & GATHERINGS









### Assemble ingredients

Ancho chiles (dried poblano peppers) and canned fire-roasted tomatoes add smokiness, while cinnamon, oregano, and cumin bring spice and warmth. Onion, garlic, chicken broth, salt, pepper, and oil also contribute to the flavor base.

### Make flavor base

Remove stems and seeds from chiles; tear into large pieces. Transfer to a blender. Blend with tomatoes, onion, garlic, ½ cup broth, cinnamon, oregano, cumin, and 2 tablespoons oil. Generously season with salt and pepper. Purée until smooth, about 1 minute. Transfer mixture to a saucepan; simmer over medium, stirring occasionally, until thick and slightly darkened, about 20 minutes.

### 5 Cook turkey

Heat remaining 2 tablespoons oil in a large pot over medium-high. Add ground turkey; season with salt. Cook through, breaking meat up, about 5 minutes.

### 4

### Simmer chili

Stir in tomato mixture, smoked turkey, beans, and remaining 1 cup broth. Simmer until slightly thickened, about 5 minutes. Season with salt and pepper.
Serve, topped with sour cream and cilantro.



THE ART OF

MAC & CHEESE

### Test-Kitchen Treat

### FOOD & GATHERINGS



### Test-Kitchen Treat

### FOOD & GATHERINGS





### **DEVIL'S FOOD CAKE**

Active Time: **40 min.** Total Time: **3 hr. 45 min.** Serves: **16** 

As with the cake recipe, there is no single standard frosting for a devil's food cake. Rich in chocolate flavor without being diabolically sweet, our Swiss meringue buttercream (for the recipe, see page 126)—which touts the same balance of taste and texture—pairs nicely with this cake. If you like your frosting sweeter and fluffier, you'll be tempted by the cloudlike sevenminute frosting, which is often paired with devil's food cakes (find our recipe at marthastewart .com/seven-minute-frosting). Or, for a purely chocolate finish, try whipped chocolate ganache (marthastewart.com/whippedchocolate-ganache).

- 3 sticks unsalted butter, room temperature, plus more for pans
- 1 cup boiling water
- 3/4 cup unsweetened Dutchprocess cocoa powder
- 4 ounces bittersweet chocolate, chopped (¾ cup)
- 3½ cups all-purpose flour
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- 1½ teaspoons coarse salt
- 2 cups packed light-brown sugar
- 4 large eggs, room temperature
- 2 teaspoons pure vanilla extract
- 1 cup sour cream
- 6¼ cups Chocolate Swiss Meringue Buttercream (for recipe, see page 126)

### Prepare pan and ingredients

Preheat oven to 325°. Butter two
9-inch round cake pans. Line bottoms
with parchment rounds; butter parchment. Stir together boiling water,
cocoa, and chocolate in a bowl. Let
cool 10 minutes. Whisk together
flour, baking powder and soda, and
salt in another bowl.

2

### **Make batter**

In a mixing bowl, beat butter with sugar on medium-high until fluffy, 2 to 3 minutes. Beat in eggs, one at a time, scraping down sides of bowl. Beat in vanilla, then chocolate mixture. Reduce speed to low; beat in flour mixture in two additions, alternating with sour cream, until just combined.

3

### Transfer to pans and bake

Divide batter evenly between prepared pans, smoothing tops with an offset spatula. Bake until a tester inserted in centers comes out with moist crumbs attached, 35 to 40 minutes.





### **Trim tops**

Let cakes cool in pans on a wire rack 20 minutes. Turn out onto rack, top-sides up; let cool completely. With a serrated knife, trim tops of cakes so they're level.





### Sandwich frosting with layers

Line the edges of a cake stand or plate with strips of parchment. Place one cake layer on stand, trimmed-side up, and spread 1½ cups buttercream evenly over top.

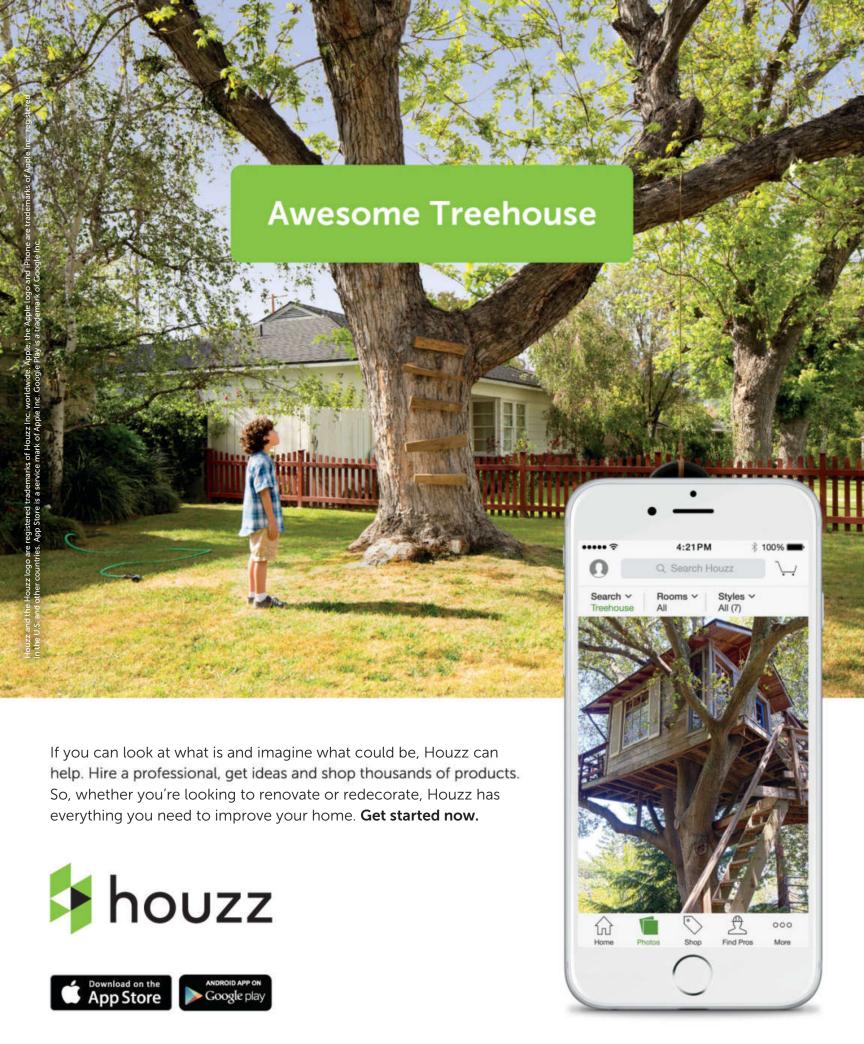
Top with remaining cake layer, trimmed-side down.





### **Frost cake**

Spread a thin layer of buttercream over top and sides. Refrigerate until firm, about 30 minutes (this ensures a crumb-free finish). Spread remaining frosting evenly over top and sides. Cake can be stored in refrigerator up to 1 day; bring to room temperature before serving.



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### **GOOD LIVING**

Home, Garden, Craft



### Crafts

### **GOOD LIVING**





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### Crafts

### **GOOD LIVING**

### **Holding Patterns**

For the pumpkin on the cover, we cut out leaves using our templates and layers of colorful tissue, as shown for the starbursts, *inset*, *top right*.

Adhere them as described below.

### Supplies

Plain white uncoated paper
Precision scissors
Colored tissue paper
Binder clips
Découpage medium and
paintbrushes
Pumpkins, paper lanterns, small
metal buckets, or small paper bags
Craft punch
Glue stick

### **PUMPKINS, LANTERNS, AND PAILS**

- 1. Print clip art (at marthastewart.com/decoupage-halloween) on uncoated paper. Cut around perimeter; the "cutouts" within the designs are white or colored, so use the one that will blend with the background you'll be putting it on. (Glue the black-and-pink mouse to a pink bucket, for example.)
- 2. Print starburst templates for colored accents. Cut out shapes. Stack up to 12 pieces of tissue paper and secure with binder clips as shown, inset, top right. Trace template onto top layer. Cut through all layers, moving clips as necessary to hold in place.
- 3. Brush découpage medium onto pumpkin or other item. Smooth clip art into place, slipping starbursts under clip art as you go where you want to add them to design. Brush paper and area around it with another coat of découpage medium. Let dry.

### TREAT BAGS

Print clip art directly onto bags (preferably using a laser printer). Use a craft punch to make leaves; adhere with glue stick.

### Sources

Multisurface découpage medium, by Martha Stewart Crafts, in Matte, \$10 for 8 oz., michaels.com. Round paper lanterns, 12", in Beige and Teal Green, \$2.25 each, paperlanternstore.com. Metal buckets with handles, by Ashland, \$7 each, michaels.com. Glassine-lined paper bakery bags, 4%" by 6%", in Cream, \$5 for 25, etsy.com/shop/intheclear. Spray paint, by Montana Gold, in Shrimp Pastel and Yellow Cab, \$8, dickblick.com.









When punching shapes from tissue paper, add a sheet of plain paper to the top of the stack to keep the tissue from ripping. We spray-painted plain metal buckets before adding the clipart designs.

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### Decorating

### GOOD LIVING



Most people think of interior design in terms of color, shape, pattern, and texture. But just as critical are proportion and placement. The long and short of it? Put a too-small rug in a room and, no matter how perfectly it coordinates color-wise, it'll look awkward. So what is the right-size rug for your room? How high should you mount your favorite painting? And how low should your chandelier hang? We show you how to implement a plan that really measures up, room by room.



### Artwork

A common mistake when it comes to art installation is hanging pieces neck-craningly high.

Do what museums do—keep artwork at eye level.

### **RULE OF THUMB**

Hang art so that its midpoint is between 57 and 60 inches from the floor. Go for the lower end of the range if most members of your household are on the short side; in rooms with ceilings higher than

eight feet, artwork can be hung a little higher than 60 inches. Once you pick the midpoint, stick with it for consistency. For a grouping of works, simply envision the collection as one piece of art.

### **EXCEPTIONS**

Hang art over a sofa or headboard so that the bottom of the frame is 8 to 10 inches above the furniture piece; the art should be visually connected to it, not floating high above it. If you're hanging a smaller work over a large unit, try adding sconces or other art to fill out the composition. For art that's taller than 120 inches, forget the midpoint rule; just make sure the bottom edge is about a foot from the floor.

### Decorating

### GOOD LIVING

### Lighting

Wall and ceiling lights are often installed too high, while lamps are generally placed too low. Here's how to get it right:

### **TABLE AND FLOOR LAMPS**

Make sure the bottom edges of the shades in the living room are at eye level or just above when you're seated. This allows you and your guests to have an unobstructed view of one another. For a lamp on your bedside table, the bottom of the shade should be at chin level when you're sitting up in bed. "For the sake of visual unity—especially when you're decorating with different lamps in the same room—keep the tops of the lampshades at the same height," says Kevin.

### **PENDANTS**

If you're installing a pendant over a kitchen island or bar, or a chandelier over a dining table, hang it so that the bottom hovers 30 to 34 inches from the surface. Pendants over areas people walk underneath should be hung to allow for a clearance of at least seven feet. If your ceilings are higher than eight feet, the pendant can float a few inches higher.

### **SCONCES**

This type of light should be at or above eye level. If you're installing multiple sconces in a row (say, in a hallway), space them 8 to 10 feet apart for a seamless glow. If you're hanging them on either side of a bathroom mirror, follow the same rule of thumb for height, and position them so they're 36 to 40 inches apart: This produces an even and flattering light. If you're using them at the sides of your bed, hang each so that they're at eye level when you're sitting in bed. You want the light to be low enough to cast proper reading light but high enough that you don't see the lightbulb.

### **Area Rugs**

Measure the room and subtract 24 inches from the length and width to find the proper dimensions. Or pick the size based on how you want the rug to frame the furniture. (This will largely depend on the type of room you're working with.)

1

### IN THE BEDROOM

There are two ways to ensure you'll step onto a warm rug when you wake up. Position a large rug (8 by 10 feet for a queen bed, 9 by 12 feet for a king) under the bed so that it peeks out two to three feet on either side and at the foot; the rug should start a few feet from the top (nightstands needn't rest on it). Or place a runner or three-by-five-foot rug on each side, as shown, right.

2

### IN THE LIVING ROOM

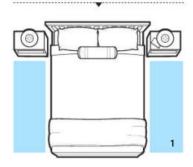
If your furniture is against the wall, you have two choices: Pick a rug size that will allow your sofa and armchairs to rest half on the rug and half off of it, as shown, right; or opt for a smaller size so no seating rests on it at all. For a very large living room where the furniture is placed in the center of the room, select a size that's big enough to have every piece fully resting on it.

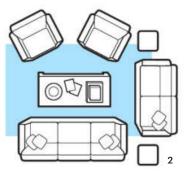
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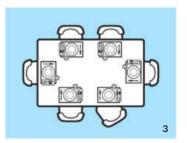
### IN THE DINING ROOM

You have only one option: Find a size that makes it possible for the table and chairs to completely rest on the rug—even when the chairs are pulled out and in use. An 8-by-10-foot or 9-by-12-foot rug usually does the trick.

Rugs generally come in the following dimensions: 2'by 3', 2½'by 9', 3'by 5', 4'by 6', 5'by 8', 8'by 10', 9'by 12', and 10'by 14'.







### **Tool Time**

What you need to measure accurately and hang evenly.



1

Use a soft measuring tape for round items, like lampshades, and a stiff metal tape for long expanses or tall heights.

Stainless Gents 10-foot tape measure, by Blomus, \$27, 2modern.com. Leather mea-

suring tape, in Turquoise, \$49, markandgraham.com.

A level guarantees proper alignment when you're mounting things to the wall. Level, \$34, artekstore.com.

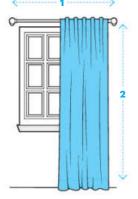


A folding ruler is great for vertical heights where there's no wall (e.g., for a chandelier over a table). Six-foot fiberglass folding ruler,

\$19, homedepot.com.

### Curtains

The right curtains can make your windows appear larger. Just remember: The most important measurements aren't the window's but the rod's (based on its width and its distance to the floor or bottom of the windowsill, depending on the look you're after).



### WIDTH

Unless you want café curtains (which hang inside the frame), the rod should extend about three to six inches past either side of the frame. This allows for optimal light when the curtains are open. To get the right width, multiply the measurement of the rod by 2 to 2.5 for curtains that are drapey even when closed.

### 2 HEIGHT

The rod should be mounted four to six inches above the window frame to create the illusion of a taller window. Curtains should skim the floor (as shown) or the sill. Standard lengths are between 63 and 120 inches; err on the side of too long, as you can always have them hemmed.

### Editors' Picks

### GOOD LIVING

Look, Mom, no

wires! Just place

your phone

directly on this

unit's plus

sign to recharge

its battery.

### Clear the Air

Anyone who has cleaned a humidifier knows just how dirty one can get with frequent use. Dyson's first entry in the category uses ultraviolet light to kill bacteria in the water before it leaves the unit. Humidifier, in White/Silver, \$499, dyson.com.



### **Cut the Cord**

It's a landing spot for your smartphone(s) and a wireless charger, all in one. (Most new smart devices support wireless charging, but if yours doesn't, you'll need to buy a special case.) Nordmärke Triple pad, in Birch, \$65, and Vitahult charging cover, from \$15, ikea.com.

. .



### Switch-Hitter

Can't decide between a canister and an upright? Hoover's newest vacuum can be used both ways (the canister lifts out for easy maneuvering on stairs, under beds, and in other tight spots). Plus, no more dragging the cord behind you: It's battery-operated! Air Cordless Lift upright, \$399, hoover.com.



### BRIGHT NEW THINGS

Ready for an upgrade or two? We're plugging you into the latest high-tech small appliances and home electronics.

PHOTOGRAPHS BY BRYAN GARDNER



This Bluetoothconnected meat thermometer alerts your
smartphone when your
roast reaches a desired temperature—
useful when you're
entertaining and don'r
want to be kitchenbound. Kitchen thermometer, in White,
\$80, idevices.com.



### **Getting Warmer**

With KitchenAid's new add-on bowl for your stand mixer, melting chocolate and making bread dough are both easier than ever. Featuring a warming range of 70° to 220°, it also functions as a slow cooker. Precise Heat mixing bowl, \$330, kitchenaid.com.



This isn't just a motiondetecting security camera that connects to a smart device—it's also an air-quality monitor. Canary, in White, \$249, homedepot.com.

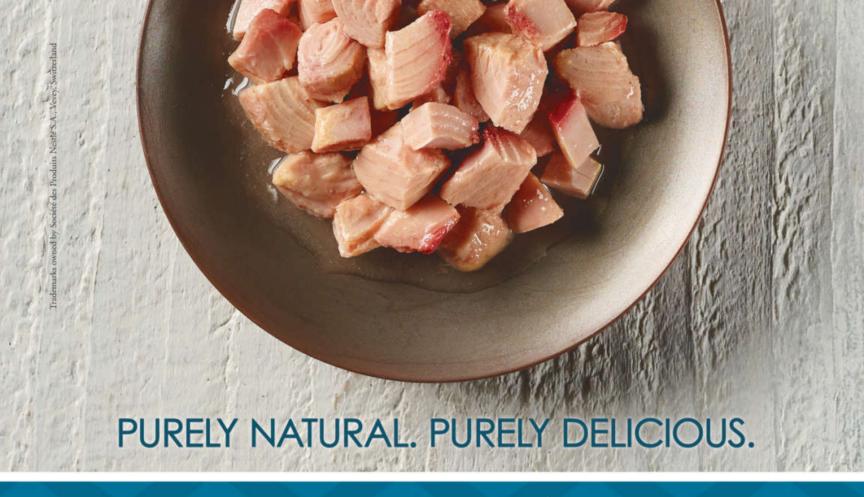


### Refill 'Er Up

Instead of relying on ink cartridges that constantly need to be replaced, Epson's new printer line uses refillable ink reservoirs—which means less waste and more savings. Expression ET-2550 EcoTank all-inone, \$399, epson.com.

Each bottle of ink can provide up to two years of printing. Refills are sold individually.







New Purely Fancy Feast® is thoughtfully crafted down to the smallest detail. Each entrée is made with real chicken, seafood or beef—natural ingredients, plus vitamins and minerals—and never any by-products or fillers. It's Purely delicious.



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### How They Live

### **GOOD LIVING**









### **CIDER-HOUSE RULES**

Curt Sherrer is a former winemaker who loves old things. His son Kyle studied finance and enjoys his beer. So when they were looking to launch a business together, one product—deliciously rich in history yet utterly modern—came to mind: hard cider. Here's how their vision has sparked excitement for old rituals and novel flavors, one bottle at a time.

PHOTOGRAPHS BY HELEN NORMAN







There's more to Halloween than ghouls and goblins. It's a time to stay up late, ignore convention—and maybe even believe in a little magic. Luckily, our Midnight Magic, Frights & Delights and Dia de los Muertos collections will help you create the most magical Halloween yet. What a treat.



### How They Live

### **GOOD LIVING**







CLOCKWISE FROM TOP LEFT Baby ginger (fruitier than the more common mature variety), cranberries, hops, and local honey are just some of the elements infused into Millstone's ciders. Experimental blends are drawn into glass jugs for testing and tasting. Millstone's barrel seals were adapted from the original grain label found on the wall of the old mill.

WHEN CURT AND KYLE SHERRER go apple-picking, as they do in earnest every year from August through October, they don't pick like most of us. Smooth, round apples don't impress them, and while they draw the line at any with "real rot," they do like their apples overripe and gnarly. "Anything small and ugly—we'll take them," says Kyle, who, with Curt, his dad, owns Millstone Cellars, an artisanal cidery in Monkton, Maryland.

Word of their preferences has gotten around in this bucolic stretch of Baltimore County. Neighboring farmers whisk over with surplus fruit before it goes to waste. A pie maker offers discarded peels. Valuing what's otherwise cast aside isn't limited to the ingredients Millstone builds its ciders from. That mission extends to the pre–Civil War grist mill in which it operates, and to its equally vintage cider–

making technique, which relies on wild fermentation, a process using naturally occurring yeasts in and around the apples to convert sugar to alcohol, with no sulfites added. To drink Millstone's cider is to experience it as it tasted centuries ago: super-tart and earthy, or, as Kyle says, "funk-forward." In this hyperdigitalized, aggressively airbrushed age, in which we expect our senses to be pleased and surprised yet still thirst for authenticity, an old-timey cider hits the spot. "Think of the clean taste of Chardonnay," says Kyle's sister, Sara. "It's not that."

Curt, who spent years at Piedmont Vineyards, in Middleburg, Virginia (and whose 1986 Chardonnay earned a 91 rating from Robert Parker, by the way), had always been in love with cider's historic roots. But it was Kyle who saw the growth potential for the business. He came of legal drinking age when the craft-beer movement was in

# The sweetest moment of your day. CINNAMON SUGAR SIMPLY NAKED Artfully simple, incredibly delicious.

### How They Live

### GOOD LIVING









CLOCKWISE FROM TOP LEFT Last year Millstone produced 25,000 gallons of cider and mead; each bottle is hand-labeled.

A dying maple tree was repurposed into a table in the open-terrace event space, where the cidery hosts tastings with local farmers, butchers, and cheesemakers. Curt picks fallen apples from a "lost" orchard Millstone leases from. Each barrel sample is drawn into a grid of glasses for tasting and blending.

full swing and hard cider—an American favorite until Prohibition put the kibosh on it—was on the brink of a resurgence. While in Europe, many countries have their own distinct cider style, we haven't. "We get to define the rules," says Kyle. "There's room for creativity."

Besides, they had to do *something* with Curt's mill. He spotted it online in 2002, while searching for barns to disassemble and resurrect. Saving spaces built of wood is his hobby, an extension of his passion for early-American tools and craftsmanship. ("It's disheartening to see old buildings disappearing one by one," he says.) The mill was old and dilapidated, with one wall near collapse. In short, it was perfect, and Curt felt he had to buy it. By then, he was working as an examiner at the U.S. Patent and Trademark Office, in charge of alcohol dockets. So the renovation happened in fits and starts, with help from Kyle,

who was still in high school at the time, and Curt's two younger kids, Sara and Ross. "It was a dusty, sweaty, dirty job," says Kyle.

Seven years later the mill was largely restored to its 19th-century glory. Behind it, an old hay barn Curt had disassembled years before was resurrected. The Sherrers considered opening a coffee bar, but in the end, cider just felt right. "It was a way to stay true to what our region did best," says Kyle, who worked on the launch even before graduating from the University of Baltimore in 2011. And so they source everything from within 150 miles, just as early cider makers would have done. Luckily, this is a region filled with orchards, including neglected "lost" ones where Red Delicious varietals shrink to the size of crabapples and turn extremely tannic and acidic to survive. They not only reflect early-American apples, but also give good cider.

### How They Live

### GOOD LIVING



FROM LEFT Curt's old crates showcase Millstone's bottles. At the event space, cheese and meats from local purveyors are a natural with cider; the food here is from Parts & Labor and Woodberry Pantry, in Baltimore.

Millstone is on the hunt for its own orchard, but for now, most apples are pressed on the farms it partners with. Each varietal is then stored with yeast for six to eight months in one of Millstone's 500 oak barrels. (Most modern cideries use stainless steel.) The art is in the blending, which is why Curt and Kyle experimented for more than two and a half years before committing their first permanent product—the dry, earthy Farmgate—to market. Made from Jonathan, Stayman Winesap, and Northern Spy apples, it's still their most popular. They've since added five more ciders to their stable, some flavored with fermented local produce, like cranberries and baby ginger. But they also keep tinkering, offering as many as 16 one-offs each year, depending on what's been foraged. "There is so much more to be done," says Curt. "We've only scratched the surface." —Joanne Chen



### Classic Couplings

Cider was made to be enjoyed with food—in early America, its alcohol content rendered it safer to drink than water. Hosting your own tasting? Dan Pucci, cider director at Wassail, a cider restaurant in New York City, offers a few pairing suggestions.

### DRIED SAUSAGE, HARD OR SEMIHARD CHEESE, AND QUINCE PASTE

This Spanishinspired grouping
works well with
Spanish-style cider,
like Millstone's
Sidra Americana.
Its acidity balances
heavier flavors.
Shown: summer
sausage (1); Firefly
Farms Cabra
La Mancha (2);
membrillo, or quince
paste (3).

### SALTY MEATS, SOFT CHEESE, PICKLED BEETS, JAM

A full-bodied sparkling cider, like Farmgate, stands up to these strong flavors and creamy textures. Shown: coppa (4), De-Glae Sheep Dairy Dew Drop (5), pickled golden beets (6), blackraspberry jam (7).

### CRACKERS, BOLOGNA, HERBED GOAT CHEESE, PICKLED CARROTS

Herbaceous fare is lovely with the grassy taste of a hops-infused cider, such as Millstone's Hopvine. Shown: buckwheat crackers (8), bologna (9), Charlottetown Farm aged goat crottin (10), pickled carrots (11).

### MARTHA STEWART HALLOWEEN SPECIAL ISSUE



### **On Newsstands Now!**

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## 75 OCTOBER PHOTOGRAPH BY DAVID PRINCE The Bright Bounty of Fall There are more than 20 varieties of winter squash. Thick-skinned and dense of flesh, they are actually best harvested when at their most mature—in autumn, despite their forward-sounding name. Here are three of our favorites, clockwise from top left: acorn (shown whole, with green-and-orange skin, and sliced, with yellow-gold flesh), kabocha, and butternut (also shown whole and sliced). For recipes featuring these varieties, turn to page 126.



For Martha, falling in love with classic French cuisine meant falling in love with copper cookware. Years (and many pots and pans) later, her passion continues. Learn why this material endures as the benchmark of quality in the kitchen.





M

### ARTHA IS AT ONCE A GREAT ADMIRER OF

beautiful things and a deeply practical person. That combination of traits may explain why she is so drawn to copper cookware. The gleaming equipment—pots, pans, bowls, and more—is worthy of display but also inherently useful. In fact, thanks to

this metal's unique qualities, each vessel may even do its job better than a similar one made of other materials.

Martha bought her first copper cookware in Paris in 1961. She had just read the newly published *Mastering the Art* of *French Cooking* from cover to cover, and was eager to take the advice of Julia Child, Louisette Bertholle, and Simone

whites in a copper bowl, the traditional vessel French chefs use for this task. The reaction between the metal and the egg whites makes for a loftier meringue.

Beck when it came to assembling her *batterie de cuisine*, or supply of kitchenware. "Copper pots are the most satisfactory of all to cook in," the groundbreaking authors wrote. So off went Martha to E. Dehillerin, the venerable kitchen-supply store, and bought some saucepans. Sauté pans and stockpots were next on her list.

"It really is a different experience to cook in copper," she says. "Everyone should have at least one piece." Indeed, the metal is an excellent heat conductor, which allows for better control and precision. "It has the incredible virtue of diffusing heat in an even way. There are no hot spots," says French chef and restaurateur Daniel Boulud, who has a large display of copper cookware in his DBGB Kitchen and Bar, in New York City. If you have only that one piece, he recommends a sautoir, or straight-sided sauté pan, large enough to cook for four or six people (10 to 12 inches). A square roasting pan is a close second for him.

European cooks have appreciated copper's fine qualities for centuries. Stately home and restaurant kitchens in the mid-19th century were well stocked with copper cookware, as well as intricate and fanciful molds for ice creams, mousses, and jellies. When you buy one of these early pieces today, "you're owning a piece of history," says Susan Stone, co-owner of Eve Stone Antiques, in Woodbridge, Connecticut, from whom Martha has purchased many wonderful old pieces as she added to her collection. "You think, Who was using these in the 1850s? What were they making?" Stone says.

Martha hasn't sought out only the rarest of the rare, however. Over the years, she's also picked up many 20th-century pieces from tag sales and consignment shops—their luster dulled by tarnish. "People didn't want to polish it anymore, so they sold it for next to nothing," she says.

True, copper requires some upkeep. In addition to being prone to tarnish (for tips on polishing, see page 21), the metal is highly reactive: When copper comes into contact with acidic ingredients, a toxic reaction occurs. For safety, copper cookware is generally lined with a layer of tin or, for more recently made pieces, stainless steel. A tin lining wears away with use; when you see copper showing through, the pot needs to be retinned. Exceptions include pots for making caramel and jam, as well as bowls for beating egg whites, since the whites react—harmlessly—with the copper, becoming extra-fluffy and stable.

But once you've fallen in love with copper, putting in a bit of time and money to maintain it is well worth it. "That pink gold," says Martha. "It's just so gorgeous."

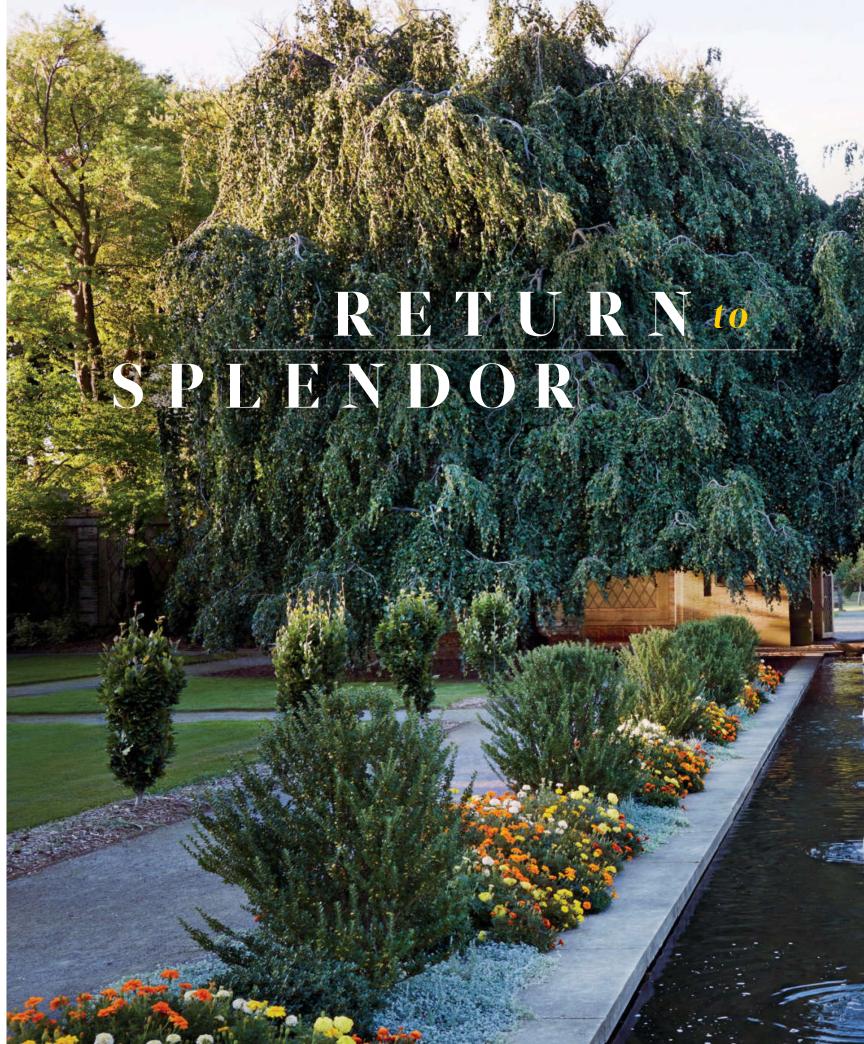














### WHEN SAMUEL UNTERMYER HIRED ARCHITECT

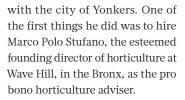
William Welles Bosworth to design the landscape for his home in Yonkers, New York, in 1915, his edict was clear: Create "the greatest gardens in the world." A prominent lawyer, Untermyer was active in the financial and political affairs of his day. (His many accomplishments include work instrumental in establishing the Federal Reserve.) But his true passion was for horticulture; he always wore an orchid in his lapel. So the Beaux-Arts architect set to work creating a series of spectacular gardens that reflected Untermyer's keen interests and travels. Equipped with 60 greenhouses and 60 gardeners, the 150-acre estate, with its Indo-Persian and Greek influences, was soon a celebrated destination.

Untermyer wanted to share his gardens and opened them to the public once a week. Since the New York City suburb was easily accessible by public transportation, people visited frequently: In 1939, 30,000 people from all over the world came in one day. "Untermyer liked to follow people around and listen to their comments, and if they misidentified a plant, he would correct them," says Stephen Byrns, the present-day chair of the Untermyer Garden Conservancy. The gardens were bestowed upon the city of Yonkers after Untermyer's death in 1940.

An architect and a former commissioner of New York City's Landmarks Preservation Commission, Byrns discovered the gardens more than 20 years ago, when he was living in Yonkers. Unfortunately, they had suffered a decline in the decades following Untermyer's death-the city could do only so much. Hoping to restore them to their past glory, Byrns formed the conservancy in 2010, establishing a public-private partnership

The Greek-inspired amphitheater stands at the far end of the garden entrance. The two turquoise pots at the edge of a pool feature Canna 'Grande,' underplanted with Duranta erecta 'Golden Edge,' Alternanthera dentata 'True Yellow,' and Lysimachia nummularia 'Aurea.'





These days, the gardens are free and open daily, year-round. The conservancy and city are not recreating them exactly as they were, however. Nor do they want to. "We're trying to do something much more adventurous, more creative, as well as less labor-intensive," says Byrns. Stufano and head gardener Timothy Tilghman devise a different planting plan each year for areas in the Walled Garden and are working on revitalizing additional gardens. The beds around the Vista, for example, a dramatic staircase that leads to an overlook of the Hudson River, will soon be replanted with Cryptomeria 'Radicans.' They have also recently rediscovered the site of the old Rock Garden. "It's like ancient Rome. The ground sort of builds up and buries things," says Byrns.

Visiting the Indo-Persian Walled Garden can also feel a bit like stumbling onto a hidden treasure. It reveals itself gradually. After passing through its doorway, you are greeted by two century-old weeping beech trees. It isn't until you move beyond those massive trees that the rest of the garden appears: Canals and pools, equipped with fountains, lead to a Greek-inspired amphitheater, which is adorned with sphinx sculptures by Paul Manship on top of monolithic cipollinomarble columns. It's an extraordinary hidden oasis. Byrns has often described it as "America's greatest forgotten garden." These days, thanks to the conservancy and its gardeners, we think it won't go undiscovered much longer.





### A BOLD PLAN

The annual plantings change every year in the Walled Garden, which allows for a kind of freedom. "We can take more risks," Tilghman says. "We don't want to be predictable."



ELEVATE THE ORDINARY

There's a reason marigolds are common: They're "great performers," says Tilghman of the oft-maligned plant. He combined reds, yellows, oranges, and whites, including the Durango series cultivars.

ADD THE UNEXPECTED

With its trailing habit, the silvery *Dichondra* argentea 'Silver Falls' softens the lines of the beds and offers a respite against the vibrant colors of 'Janie Primrose Yellow' and 'Janie Flame' marigolds.



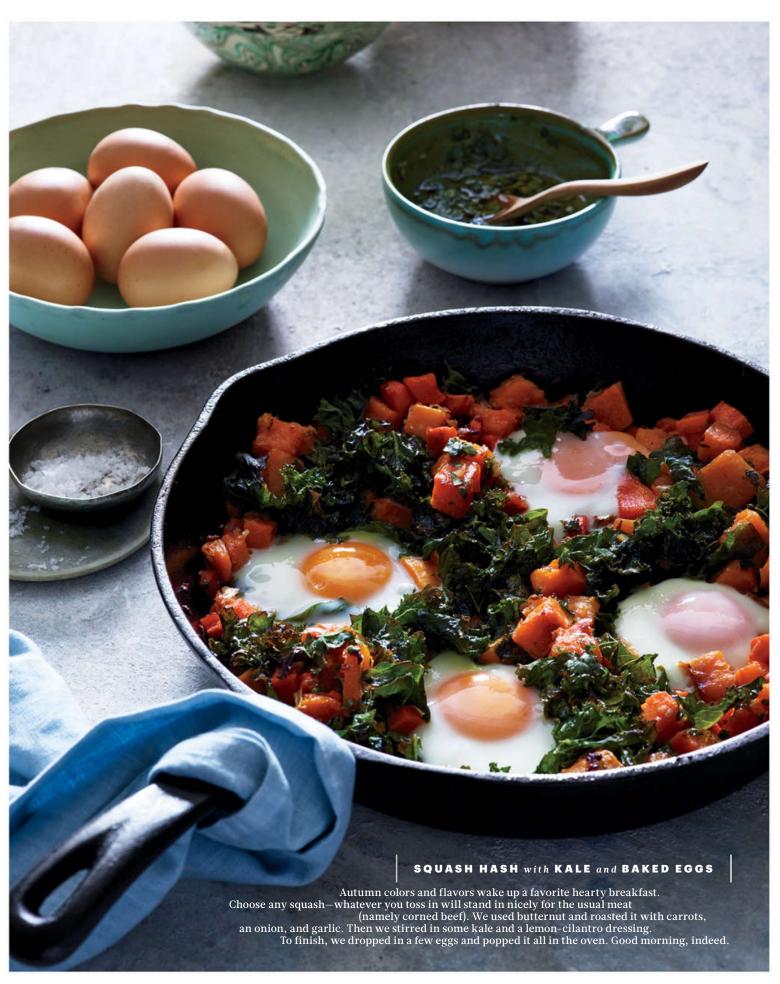
3
PLAY WITH SCALE

The large chartreuse leaves of 'Big Blonde' coleus and bright-yellow marigolds contrast with the diminutive purple globes (Gomphrena globosa 'Buddy Purple' and Angelonia 'Angelwings Dark Blue') around the pool, opposite.

COMPLEMENT AND CONTRAST

It's not enough to have colors that complement one another. Here, purple Angelonia 'Angelwings Dark Blue' contrasts vividly with orange marigolds and chartreuse sweet-potato vine.





### ROASTED SQUASH with SESAME SEEDS and CUMIN

Roasted acorn squash sidles up cozily to almost any main course.

Tossed with whole cumin and ground coriander (plus sesame seeds for a subtle crunch, as shown here), it sways Middle Eastern. Swap the add-ins for orange zest and sage, and you've spun it into a bright Mediterranean-style side.

Switch it up with bacon and maple syrup, and you've got an

Switch it up with bacon and maple syrup, and you've got an all-American match for nearly anything roasted or grilled.

### SQUASH, ANYONE?

Few foods celebrate autumn better than squashes. Tough on the outside but sweet and tender on the inside, they herald the arrival of shorter, chillier days. What's more, they are wonderfully versatile, adding deep flavor and hardy texture to an eclectic mix of dishes, and pair perfectly with a range of ingredients from all over the world. Here are six options, focused on three of our favorite varieties: butternut, acorn, and kabocha. Experiment by swapping out one type for another. Or try them all at onceand taste the many nuances of the season.

photographs by DAVID PRINCE

























### cheery & bright

OJAI, CALIFORNIA

Wood is treated like color throughout this airy kitchen. Instead of committing to one material, the homeowners opted to use Douglas fir on the open shelves, refrigerator panels, top drawers, and edging around the island as a way to color-block with white cabinetry. The mix of wooden and white cabinet doorknobs (both super-affordable hardware-store finds) continues the palette. Hanging over the island, the large yellow powder-coatedaluminum pendant lights are not only visually arresting but also help separate the kitchen from the rest of the open floor plan.

### THE INSIDE STORY

"When the pantry door is closed, it looks glamorous because it's shiny and black. But then you open it, and it's fun and childlike inside," says Koons. The pantry palette reflects the home's overall color strategy—"color-blocking with white, wood, and a pop of color," Koons says. Besides cookbooks, servingware, and cooking ingredients, she also keeps her great-greatgrandmother's blueporcelain tea set and butter dish in there.





When Woodwyn Koons and Dmitri Siegel relocated from Philadelphia to Ojai, California, four years ago, they were excited to try on an entirely different design aesthetic, one more befitting their newly adopted state. "The 19th-century houses we lived in on the East Coast have so much ornament, and then you come to a place like California, where minimalism really makes sense," Koons says. The kitchen of the midcentury ranch home they share with their two young children became the epicenter for their experiment in modernism. With the guidance of Los Angelesbased architect and designer Barbara Bestor, they set about transforming the kitchen into an open living area-a relaxed onestop room in which to cook, eat, and gather. Four wall knockdowns later, their vision of a colorful, family-friendly home was achieved. "I do a lot of cooking, and I don't feel isolated in the kitchen anymore," says Siegel, a creative director. "It just seems like there's now more of a connection with everybody." Including their inner child: Instead of restricting bright hues to the kids' rooms, Koons and Siegel worked them into the color scheme throughout the open living area. ("I don't like the idea of fragmenting out design," he says.) This democratic, nonrigid style extended to the materials they considered; they made thoughtful choices, opting for inexpensive and nontraditional where it made sense (a mirror backsplash behind the stove) and high-end and classic where it was called for (a marble backsplash everywhere else). The end result: a beautifully blended kitchen.







### KITCHEN, BY DESIGN

1. A bold pink front door greets visitors. The high-gloss black on the two barn doors (this one opens up to the master suite) is repeated in various window casements throughout the house. 2. "I was skeptical about our designer's suggestion to use a mirror as a backsplash behind the stove, but I ended up loving it," says Siegel. "Now when I'm cooking, I can see the outside,

I can see back into the room, and I don't feel like I'm just staring at a wall."

3. The kitchen-island counters are white laminate. "It's really indestructible and affordable, but we were concerned about the wood swelling if it were to come up against the sink," says Koons. Bestor's practical and pretty solution: adding just a surround of marble to border the sink.



# simple & serene

PLEASANT MOUNT, PENNSYLVANIA

Instead of a backsplash, the homeowners of this Zenlike kitchen opted to install a wall of shallow cubbies behind the counter and stove for additional storage. They can either keep all the sliding Formica panels closed to give the illusion of a ricepaper screen, or leave a few open to display curated vignettes, like pretty ceramics. Opposite: The unit that separates the kitchen from the dining room appears to be simply a piece of furniture; on the other side, it's a hardworking kitchen counter. Like the white sliding doors in the kitchen, the blue doors are Formica, chosen for both their rich color and their affordability. The dining table was made from an old cherry tree on the property that had to be cut down.













Paul Ludick and Bill Anton designed their house in Pleasant Mount, Pennsylvania, themselves, but neither is an architect. They also built their kitchen themselves, but neither considers himself a builder. They are designers (Ludick a furniture designer, Anton a graphic designer), and what they lacked in formal training, they made up for in creativity, cleverness, and audacity. Their "modern lodge," as Ludick describes it, was constructed to be passive-solarits structure and materials were chosen to attract the sun's rays in winter and repel them in summer. Their kitchen, a harmonious space that balances warm wood with cool blue and white cabinets, was also designed with heat-trapping in mind: The couple picked black countertops because they absorb solar heat well. The look of the kitchen, however, has nothing to do with any one philosophy. Its tidy-galley feel was inspired by boat interiors, "which have a built-in for everything," says Ludick. Its open floor plan was prompted by a fondness for loft apartments. And the cabinets' sliding doors reflect Ludick's passion for both Japanese design and old sci-fi television shows like Star Trek. ("Remember all the cool sliding doors?") Perhaps what they love most about their kitchen, though, is that it can disappear. Raising the counter that sits between the kitchen and the dining area allowed the couple to keep dirty dishes out of sight when they're entertaining. As with everything else in the room, from the dog door to the double sinks, Ludick and Anton designed it that wayjust the way they like it.



# ECONOMY OF SPACE

1. Because Ludick and Anton love to cook, they made sure to fit in two kitchen sinks; the industrial faucets are from Chicago Faucets. 2. A pet door for their Portuguese water dog, Geyser, leads from the kitchen to an outdoor pen. 3. Pottery in a similar shade of blue to that of the cabinets punctuates the color scheme.
4. A narrow space between the wall and

the refrigerator became the perfect spot for a tall pull-out cabinet that holds glasses and cups. 5. The countertops are phenolic resin, an inexpensive material commonly used in laboratories, and most of the wood in the kitchen is black-walnut plywood, sourced from a lumberyard in New York City. Ludick estimates that the kitchen cost just \$3,000.

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# HOW-TO HANDBOOK

Learn, Make, Connect











I'd like to make my own mustard. Any suggestions? -Charles Gottenkieny, Greenville, N.C.



A: Mustard made with dried fruit is always a crowd-pleaser. For something more interesting than the standard varieties, we used figs and apricots.

#### **DRIED-FRUIT MUSTARD**

Active/Total Time: 5 min., plus chilling
Makes: 1½ cups

- ½ cup dried apricots or figs (3½ ounces)
- 4½ teaspoons dried yellow mustard seeds
- 4½ teaspoons dried brown mustard seeds
- 2 tablespoons ground mustard
- ½ cup distilled white vinegar Coarse salt
- **1.** Mix together dried fruit, mustard seeds, ground mustard, vinegar, and ¾ cup water in a bowl. Refrigerate, covered, overnight.
- 2. Place mustard mixture and salt to taste in a food processor; purée until smooth. Serve, or store in refrigerator, covered, up to 1 week.

#### Q: How can I keep my cat and dog from fighting?

-Kelly Bazely, Nashville

A: Tension between cats and dogs is instinctual. But with a slow and patient approach, a lasting truce is possible, says ASPCA animal behaviorist Sharon Wirant. The key: reintroducing your pets to each other in a calm, controlled setting.

Establish mealtime as a positive activity that they share. Start by feeding your cat on one side of a baby gate and your dog on the other side. They should be far apart but within view of each other. Gradually move their food bowls closer until both pets seem relaxed. Then remove the gate.

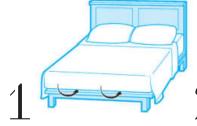
Reintroduce the pets to each other, room by room. With your dog on a leash, practice the "come" command in your cat's presence. Make sure your cat can hide or escape at any time. Once both animals are comfortable in this scenario, remove the leash and practice the command. When they've mastered being with each other without fighting in the room, move on to another room and repeat the process.

Praise your pets for ignoring or appropriately interacting with each other. This works better than punishing them for negative behavior. Never leave your cat and dog alone together until they're fully acclimated to each other's presence.

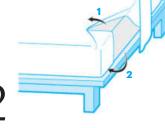
#### Q: What's the best way to form hospital corners when making my bed?

-Katie Tinsley, Falls Church, Va.

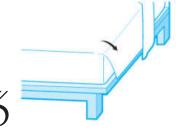
A: With just a few simple steps, you'll end up with precise corners—and a beautifully made bed.



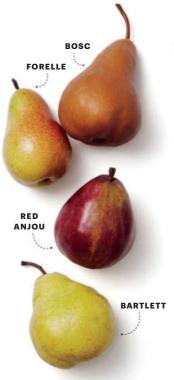
Tuck in bottom edge of sheet at foot of bed.



Lift hem of sheet at one corner to make a diagonal fold, then slip hanging sheet corner under mattress.



Drop folded portion down and pull smooth. If you like your sheets snug, tuck remaining edges under mattress as well. Repeat on other bottom corner.



#### Q: I'm considering having a custom closet built. How do I determine the right size and configuration?

-Ryann Solomon, Minneapolis

A: Start by taking stock of your wardrobe. The guidelines in this chart should help you get a sense of how much space you'll need, but be sure to leave extra room for your wardrobe to grow. Keep in mind, too, that a winter wardrobe will likely take up more space.

VERTICAL SPACE PER CLOTHING CATEGORY	
Women's Blouses	30-36 inches
Women's Suit Jackets	32-42 inches
Dresses	48-66 inches
Skirts	34-44 inches
Men's Shirts	38-39 inches
Men's Suit Jackets	39-42 inches
Pants	46-42 inches (by cuff); 28-32 (folded)
Coats	46-66 inches
Jackets	40-44 inches
ROD SPACE (HORIZONTAL) PER ITEM	
Shirts and Blouses	1 inch
Pants and Skirts	1¼ inches
Dresses, Suits, and Jackets	2-2½ inches

#### Q: Are some pears better for baking and others for snacking?

—Samantha Stoddard, St. Croix, V.I.

A: Yes! Bosc pears are firm and hold their shape well—perfect for baking or poaching. Their skin can be tough, though, so peel them first. Anjous are great all-purpose pears, but their smooth skin and juicy flesh make them particularly good raw and in salads. Use Forelle pears on cheese platters, as they're small and have colorful skins. Bartlett pears also make delicious snacks: Enjoy them out of hand as soon as they're ripe, since they over-ripen quickly.



#### Q: How can I make sure my child is clearly visible on Halloween night?

-Elise Solé, Los Angeles

A: The easiest solution is to add reflective tape, stickers, rope, or fabric to the costume, or have your child wear reflective armbands. As an added precaution, you can also sew reflective piping tape into costume seams or swap out regular shoelaces for reflective ones.

Clockwise from left: Shoelaces, \$7, laceduplaces.com. Armband (similar to shown), by Safety Flag, \$4; and rope, by Crown Bolt, \$7, homedepot.com.
Piping, from \$3 a yd.; fabric, from \$26 a yd.; and tape and ribbon, from \$2.50 a yd., seattlefabrics.com. Stickers, from \$7.50, rydesafe.com.

#### Q: My house feels drafty. Where might cold air be sneaking in?

-Sonya Marie Harper, Chicago

A: We've listed some common trouble spots. "Once you cover the gaps, your heating bill should be significantly lower," says Jennifer Colaizzi, a spokesperson for the U.S. Environmental Protection Agency.

#### Windows and doors

may not be sealed properly. Shine a flash-light along the trims of closed windows and doors with a partner on the other side. If light is visible, there's a leak; apply caulk to these spots. For gaps larger than a quarter-inch high underneath doors, install a door sweep.

Duct chases in attics and basements can be thoroughfares for cold air to enter your home. Patch any duct cracks with Mastic, a water-based adhesive available at homeimprovement stores. Attic hatches are easy places for warm air to escape from the house. Seal the perimeter of the hatch with a weatherstripping kit from a home-improvement store. If you have pull-down stairs, apply attic-stair covers for added insulation.

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# A PLACE IN THE SUN

A growing body of research spotlights vitamin D, the sunshine vitamin, as essential to overall health. But how much you need remains a topic of hot debate. Here, the lowdown on the newest studies.

**ILLUSTRATIONS BY ANNA PARINI** 



With any given dose of sunlight, different people end up with different amounts of vitamin D in the blood, depending on their geography, genes, skin color, and age.

**EVERY SO OFTEN,** something comes along that promises to relieve us of a serious ailment, whether cancer or heart disease. The latest hope under the sun is actually something that we get *from* the sun: vitamin D. Turns out, this modest nutrient may be instrumental in preventing (and perhaps even treating) not just one condition but an array

of them—strong bones being only the beginning.

#### Versatile Vitamin D

Just by sitting outside in the sun, a fair-skinned person in a swimsuit without sunscreen will get thousands of international units, or IU, of vitamin D within 10 minutes at high noon on a bright summer day. But given concerns

about skin cancer, doctors often advise getting the vitamin mostly from food and supplements (see "Playing D-fense," page 118). Regardless of its source, vitamin D is modified and activated in the liver and kidneys; it then travels in the blood to perform its many functions, says Michael F. Holick, a professor of medicine at Boston University School of Medicine. A 2010 paper published in Genome Research explained that vitamin D influences 229 genes and therefore can have wide-ranging effects throughout the body.

#### A Breast-Cancer Connection

In the 1970s, when researchers at the National Cancer Institute drew up a color-coded map to look at mortality rates in the United States, Cedric F. Garland and Edward Gorham (both now at the University of California, San Diego, School of Medicine) noticed a pattern: "The blue areas, which represented the lowest rates of cancer, were clustered in the lower, sunnier half of the U.S.," says Garland. The death rates were highest in the Northeast. Follow-up studies found an association between higher vitamin D levels and a 50 percent reduction in breast-cancer risks.

Correlation is not causation, of course. But biology may, at least in part, offer an explanation. Under normal circumstances, cells stick together in a pattern to form organ tissue, explains Elizabeth Platz, an epidemiologist at Johns Hopkins Bloomberg School of Public Health and a senior editor of the American Association of Cancer Research journal Cancer Epidemiology, Biomarkers & Prevention. Research



suggests that vitamin D helps to create a substance that aids in this adhesion. This has led some scientists to theorize that, with low vitamin D levels, cancer cells may be even less able to stick together, which in turn increases the chance of their metastasizing elsewhere in the body. Last year, a review study in the Journal of Clinical Endocrinology & Metabolism also noted a possible beneficial link between higher vitamin D levels in the blood and better outcomes for patients with colorectal cancer and lymphoma.

#### Fighting Off Flu and More

Why are flu viruses so much more contagious in winter than in summer? Doctors have long maintained that it's because cold weather keeps us cooped up inside, making us easy targets. But some researchers suspect the seasonality is, in part, also due to variations in sun exposure. "Many immune cells have vitamin D receptors," says Karin Amrein, an associate professor at the Medical University of Graz, in Austria. When the vitamin latches onto the cells, they destroy unfriendly microbes; it's likely that they also prevent the immune system from ramming into overdrive and causing inflammation. This suggests that vitamin D

deficiency may also promote risks for a range of inflammatory diseases, including rheumatoid arthritis, irritable-bowel syndrome, asthma, and cardiovascular conditions. In a Journal of the American Medical Association paper last fall, Amrein reported that high-dose supplementation for severely vitamin D-deficient patients in intensive care corresponded with lower mortality rates, compared with those of patients who received a placebo. "You can't expect to never be sick again with vitamin D supplements," says Amrein, "but if I had a loved one undergoing a high-risk surgery, I would make sure he had adequate levels."

#### Hope for Heart Disease

When researchers at Washington University School of Medicine, in St. Louis, knocked out vitamin D receptors in the immune cells of mice, something curious happened. The rodents' livers created too much glucose; their arteries were stopped up with plaque. The findings, published in March in Cell Reports, may help explain the correlation, often noticed by cardiologists, between low vitamin D levels and increased risks for high blood pressure, stroke, diabetes, and heart attack.



Most over-the-counter vitamin D supplements are D3, the same form that your skin makes in sunlight.

#### > The Right Dose

For now, the Institute of Medicine (IOM), a division of the National Academy of Sciences, advises 600 IU per day (800 if you're over age 70), which brings blood levels to about 20 nanograms per milliliter (ng/mL), believed to be needed for bone health. It's waiting for results from larger randomized trials before making a recommendation for nonskeletal conditions. One such trial is the VITAL Study, which has enrolled 25,874 racially and ethnically diverse participants from all 50 states in hopes of finding the effect of 2,000 IU per day (in comparison with placebo and omega 3) on

incidences of heart attack, stroke, cancer, cognitive decline, depression, and autoimmune disease. "We're not just looking at markers in the blood associated with these conditions," says JoAnn Manson, a professor of medicine at Harvard Medical School and the study's lead researcher. "We're looking at actual clinical events." The first set of data is slated for release in late 2017.

In the meantime, experts disagree on what level of vitamin D is effective for disease prevention. The current research suggests it's likely higher than the 20 ng/mL needed for bone health. If you want to hedge your bets before the larger studies conclude, some experts believe it may be helpful to take 2,000 IU per day, the dose chosen for the VITAL Study because it, according to Manson, "offers the best balance of efficacy and safety." If you think you may be deficient, discuss the issue with your doctor. Based on your lifestyle habits and health condition, your doctor can discuss a protocol that incorporates an appropriate daily dose of sun, supplements, and vitamin Drich foods-so you can feel your best, today and perhaps well into the future. - Joanne Chen

#### **Playing D-fense**

Vitamin D is unlike any other vitamin in that it's found in relatively few foods, says Maria Mantione, an associate clinical professor of community pharmacy practice at St. John's University College of Pharmacy, in New York City. To maximize the effect of each dose, follow these strategies.

# Take your vitamin D supplement with fat

Since vitamin D is a fatsoluble substance, it's more bioavailable when you take it with foods containing some fat, such as milk.

#### Eat vitamin Drich foods

Focus on high-vitamin D items, including salmon (383 to 447 IU in three ounces) and canned tuna in oil (393 IU in one cup). And because a little adds up, supplement with eggs (37 IU in each yolk) and fortified milk (98 to 124 IU per cup).

## Maintain a healthy weight

The fat-soluble nature of vitamin D means it can get trapped in excess body fat. If you're obese, talk with your doctor about the possibility of increasing your daily vitamin D intake.

## Get adequate calcium

Don't forget, vitamin D needs calcium to maintain bone health (and vice versa). Take 1,000 milligrams a day of calcium if you're under age 50, and 1,200 if you're 50 or older.



HOW-TO HANDBOOK Pets









Safety tip: Never leave your pet alone when he is wearing a costume, and take it off if he shows signs of discomfort.

# **B00 WH0?**

Your four-legged friends deserve a bit of Halloween fun all their own. These cute-as-can-be costumes (two to buy, two to DIY) instantly disguise dogs or cats as creatures of different species. (Or even a clown.) Best of all, your pet is certain to get lots of treats—tricks or no tricks.

PHOTOGRAPHS BY BRYAN GARDNER

#### 1. Think Fin

Fear not—this costume is all bark, no bite! Making it is no scary matter, either: Just trace our fin templates onto chipboard and gray felt, then glue the pieces together. Secure the costume under your pet's belly by attaching the fin to an elastic band fitted out with Velcro.

#### 2. Spot On

Luck will be on (and literally at) your side when your pooch is dressed up as a sweet ladybug. The sturdy spotted wings are attached to a fleece-lined coat, with a handy clasp for a leash and a black hood to complete the disguise.

**Ladybug vest-harness costume,** by Martha Stewart Pets, \$25, petsmart.com.

#### 3. Shell Game

Here's one tortoise that's sure to win the race! The padded "shell" is attached to a harness, so it's a snap to put on—even for dogs who balk at wearing a costume.

**Turtle Shell adjustable-harness costume,** by Martha Stewart Pets, \$25, petsmart.com.

#### 4. Frill-Seeker

Make over your favorite feline with this captivating clown getup. The hat is crafted from red card stock (using our template) and white pom-poms attached with hot glue; the ruffle and collar are made by stitching and cinching layers of pale-blue tulle.



# **TENDER LAUNDERING CARE FOR SWEATERS**

It's important to make sure your wool, cashmere, and other natural-fiber sweaters are clean and ready for the colder months. Luckily, the best way to launder them—washing by hand—happens to be both economical (no more dry-cleaning bills!) and eco-friendly (goodbye, harsh chemicals!).

PHOTOGRAPHS BY BRYAN GARDNER





Empty and refill the sink or basin with fresh cool water. Soak the sweater repeatedly until the water runs clear. After rinsing it, gently squeeze never wring!—the water out of it over the sink or basin. Make sure to properly support the garment when you lift it, as it will be heavy and prone to stretching. Lay the sweater flat on a clean white towel, then roll the towel and sweater together, vigorously pressing as you go to remove excess moisture. Unroll and repeat with a second dry towel. Plush bath towel, by Martha Stewart Collection, in White, \$20, macys.com.



#### Wash

Fill a sink or basin with cool to tepid water; add gentle soap, like baby shampoo or The Laundress's Wool &

#### **Cashmere shampoo**

(\$19. thelaundress.com). following the directions on the bottle. Swish the sweater in the sudsy water, then let it soak for up to 30 minutes.

#### **▶** KEEP IT COOL

Hot water contributes to the felting of wool, which shrinks sweaters, explains Leslie Gonzalez, cochair of the Knitting Guild Association's Master Hand Knitting Committee.

#### ▶ HEED THE LABEL

Unless any specifically say "dry-clean only," hand-wash all sweaters. "Agitation, even from a front loader, can easily snag a knitted stitch," says Gonzalez.



This mesh drying rack is stackable-and easily stowable! Simply fold the legs in and fold the shelf in half.



#### Drv

Leave the sweater on the second towel periodically flipping it over as it dries—or expedite the process by placing it on a mesh rack. Whichever method you choose, the most important part of this step is shaping the sweater. Remember to note the garment's original size and shape so that you can re-form it post-wash. Even better, consider actually measuring the piece before you wash it, in four places: shoulder to shoulder, across the bottom, and along the outside of each arm. Use the measurements to reshape the sweater. Stackable mesh drvina rack, by Oxo, \$16, amazon.com.







#### De-pill

Once the sweater is dry, it's time to deal with those tiny nubs that pop up on its surface. (Note: "Pilling is caused by wearing, not washing," says Gwen Whiting, co-owner of eco-friendly fabric-care company The Laundress.) First, lay it on a flat surface and gently run a de-pillerlike a sweater comb or the Sweater Stone, above (\$9, sweaterstone .com)-over it. "Take care with yarns that have a halo, such as angora and mohair. Gently cut the pills by hand in those cases," says Gonzalez.



When it comes to storing sweaters, Whiting has it down to a science: "Always clean. Never in plastic. Always in cotton. Never hanging." Why? Moths are especially attracted to soiled sweaters; plastic bags don't allow for air circulation, while cotton or canvas garment bags do; and hanging leads to stretchedout knits. For added protection, tuck a natural bug repellent inside, like cedar liners or lavender-perfumed sachets (\$12 each, usa.loccitane.com).

# PARTNERS' PICKS

Our Partners' Picks for October are great for entertaining and decorating your home. Pumpkin-shaped dishes, eerie decorations, and even plush pet beds are sure to get you in the Halloween spirit.





- **1. Spooky Trees** by Martha Stewart Living™, available exclusively at Home Decorators Collection; 16" for \$99, 36" for \$139, home decorators.com/ marthastewartliving.
- 2. Enameled Cast Iron 2-Qt Pumpkin Casserole by Martha Stewart Collection™, available exclusively at Macy's, \$99.99, macys.com/martha.
- 3. Pumpkin Bed by Martha Stewart Pets®, available exclusively at PetSmart, \$34.99, petsmart.com/ marthastewart.



4. Party in a Paper Pad by Martha Stewart Crafts®, available exclusively at Michaels, \$19.99, michaels.com/ marthastewart.



#### HOW-TO

#### Unearthed Jack-o'-Lanterns PAGE 97





For the pumpkins, download our root-design templates (at marthastewart .com/root-face). Scale them to fit; print. Then etch the designs on the pumpkins, following the basic instructions on page 28.

#### Supplies

Tar paper White pencil or china marker Heavy-duty scissors Fiber-wrapped wire Hot-glue gun

1. Print leaf templates (at marthastewart.com/pumpkin-vine) and tile as needed. Trace templates onto tar paper with pencil or china marker; cut out with heavy-duty scissors. Score and fold leaves as

indicated on templates to create look of veins. Cut a 12-inch piece of wire, bend one end into a small loop, and hot-glue to back of leaf. Repeat to make desired number of leaves. To make tendrils, wrap 18-inch-long pieces of wire around a pencil (as shown, A).

**2.** To assemble vine: Cut 2 pieces of wire to desired vine length; twist together to create main vine. Add leaves and tendrils by twisting wire attached to each around main vine several times (B).

#### Sources

Rustic wire, 18 gauge, in Brown, \$8 for 70 ft., save-oncrafts.com. Felt roof-deck protection (tar paper), #15, by Warrior Roofing, \$20 a roll, homedepot.com.

#### HOW-TO

#### Flock of Crows PAGE 96



Supplies

Tar paper White pencil or china marker Heavy-duty scissors Wire cutters Metal wire, 20 gauge Hot-glue gun

1. Print crow templates (at marthastewart.com/ crow-templates), tile as needed, and cut out. Trace templates onto tar paper with pencil or china marker; cut out with heavyduty scissors.

2. Using wire cutters, cut one 12-inch piece of wire for each small bird and two pieces for each large one; bend wires in half. Hot-glue wires to birds. Use wires to attach birds to pumpkins and corn stalks.

#### ноw-то

#### Pumpkin Portraits PAGES 100-101



At the farmers' market, look for produce that might work as facial features, hair, and props. To make a scarecrow, see marthastewart .com/scarecrow.

1. Plan out the faces you want to create. Keep in mind that as items dry and wither, the results will change—and perhaps become even more interesting.

2. Use hot glue to adhere small hard details, like white beans, and to attach a tangle of Spanish-moss hair. Secure heavier vegetables with wooden skewers, and lighter vegetables with toothpicks. T-pins prevent leaves from blowing away; straight pins work for thin, lightweight items.

#### Sources

**Bur-oak acorns,** from \$8 for 12. drieddecor.com.

#### ноw-то

#### Corn Clusters PAGE 98







Supplies

9 ears dried corn, plus additional husks Masking tape Matte-black spray paint Metal wire, 20 gauge Wire cutters

- 1. Soak ears of corn and husks in water to make husks more pliable, 2 minutes. Pull attached husks around stem of each ear.
- 2. Wrap a paper towel around husks of each ear; secure with tape. Working

- in a well-ventilated area, spray-paint corn; let dry. Remove paper towels.
- 3. Wrap end of wire roll around stem of one ear of corn. Using sections of husk from that ear and 2 other ears, braid husks around wire to all 3 ears (as shown. A).
- **4.** Add 3 additional pieces of husk to continue braid (*B*). Continue adding husks and braiding until braid is a couple of inches longer than an ear of corn.
- **5.** Add 3 more ears of corn by braiding sections of husk from each ear around wire (C). Continue braid with additional husks, then repeat with last 3 ears of corn. Wrap end of final braid into a loop; secure with wire. Cut off excess wire with wire cutters.
- **6.** Once husks are dry, trim any ends that stick out of braid.



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#### **SOLE MEUNIÈRE**

Active Time: 40 min. Total Time: 1 hr. Serves: 2

#### Speak of the Devil

PAGE 54



#### **CHOCOLATE SWISS MERINGUE BUTTERCREAM**

Active Time: 15 min. Total Time: 25 min. Makes: 61/4 cups (enough to frost one 9-inch layer cake)

- 11/4 cups sugar
- 5 large egg whites
- 3 sticks unsalted butter, room temperature
- 9 ounces bittersweet chocolate, melted and cooled
- 1. Whisk together sugar and egg whites in a heatproof mixing bowl. Place over a pot of simmering water; whisk constantly until sugar is completely dissolved, 2 to 3 minutes, Remove from heat. With an electric mixer, whisk on high speed until cool (test by touching bottom of bowl), 7 to 10 minutes.
- 2. Change to the paddle attachment. With mixer on mediumhigh speed, add butter, 2 tablespoons at a time, until combined. Beat in chocolate.

#### **Mastering the Art of** Collecting

PAGE 76



#### monger to clean the fish for you. 2 whole Dover sole (about 1 pound each), trimmed, scaled, and cleaned

Coarse salt and freshly

This recipe is inspired by the one

in Julia and Jacques Cooking at

Home (copyright © Julia Child and Jacques Pepin, published by Alfred A. Knopf). Ask your fish-

- ground pepper 1/3 cup all-purpose flour
- 2 tablespoons safflower oil
- 2 tablespoons unsalted butter

#### BEURRE NOISETTE

- 2 tablespoons chopped fresh flat-leaf parslev
- 2 to 3 tablespoons unsalted butter
- 1 tablespoon capers, drained
- 1 tablespoon fresh lemon juice
- 1. Sole: Heat a sauté pan over medium-high. Season both sides of fish with salt and pepper. Place flour in a shallow dish. Dredge each fish in flour, turning and pressing lightly to coat. Shake off excess and place on a platter.
- 2. Swirl half of oil and butter in pan and, when foam subsides, place 1 fish in pan, white skinside down. Sauté until browned on first side, 4 to 5 minutes. Turn fish over carefully and sauté until other side is crisp and golden brown, 4 to 5 minutes more. Transfer to a serving plate.
- 3. Repeat with remaining oil and butter to sauté remaining fish, then transfer it to another plate.
- 4. Beurre noisette: Sprinkle half of parsley on each fish. Heat butter in a medium saucepan over high, swirling to melt. Cook until starting to brown, then remove from heat, and, as butter darkens to a hazelnut color, toss in capers and lemon juice; swirl to combine. Pour beurre noisette over fish and serve.

#### Squash, Anyone?

PAGE 90





#### **SQUASH HASH WITH KALE AND BAKED EGGS**

Active Time: 30 min. Total Time: 1 hr. 5 min.

- ½ cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- ½ cup coarsely chopped fresh cilantro
  - Coarse salt and freshly ground pepper
- 1 small onion, minced (1 cup)
- 2 cloves garlic, minced (1 tablespoon)
- ½ medium butternut squash or 1 whole acorn squash  $(1\frac{1}{4}$  pounds), halved, seeded, peeled, and cut into 1/2-inch pieces (3½ cups)
- 10 ounces carrots, peeled and cut into ½-inch pieces (1½ cups)
- 2 cups packed coarsely chopped kale (from 1 small bunch)
- 4 large eags
- 1. Preheat oven to 425°. In a small bowl, whisk together 1/4 cup plus 2 tablespoons oil, lemon juice, and cilantro, then season with salt and pepper.
- 2. Heat remaining 2 tablespoons oil in a large straight-sided ovenproof skillet (preferably cast iron) over medium-high. Add onion and garlic and cook, stirring occasionally, 3 minutes.
- 3. Add squash and carrots, season with salt and pepper, and transfer to oven. Roast, stirring once, until golden and tender, 20 to 25 minutes.
- 4. Stir kale into squash mixture, along with ¼ cup cilantro mixture. Return to oven 7 minutes. Make 4 wells in vegetables and crack an egg into each. Season eggs with

salt. Return to oven and bake until whites are set but yolks are still runny, 4 to 6 minutes. Serve, drizzled with more cilantro dressing.

## ROASTED SQUASH WITH SESAME SEEDS AND CUMIN

Active Time: **15 min.**Total Time: **45 min.**Serves: **6** 

- 3 tablespoons sesame seeds
- 1½ teaspoons cumin seeds
- 2 small acorn squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges
- teaspoon ground coriander
   Coarse salt and freshly ground pepper
- 3 tablespoons extra-virgin olive oil
- 1. Preheat oven to 400°. Toast sesame seeds in a small skillet over medium-high, shaking pan frequently, until golden brown, 1 to 2 minutes. Add cumin seeds and toast until fragrant, about 30 seconds more. Transfer seeds to a small bowl; let cool.
- 2. Toss squashes with coriander, 2 teaspoons salt, ¼ teaspoon pepper, and oil on a rimmed baking sheet. Spread in a single layer; roast 15 minutes. Add sesame mixture and toss to coat, then flip slices. Roast until squashes are tender and golden brown, about 15 minutes more; serve.

## ROASTED SQUASH WITH ORANGE AND SAGE

Active Time: **15 min.**Total Time: **45 min.**Serves: **6** 

- 2 small acorn squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges
- 3 tablespoons extra-virgin olive oil

Coarse salt

- 2 tablespoons packed thinly sliced fresh sage or whole small sage leaves
- 2/3 cup finely grated Parmesan (11/2 ounces)
- 5 strips orange zest, julienned (¼ cup)

Preheat oven to 400°. Toss squashes with oil and 1 teaspoon salt on a rimmed baking sheet. Spread in a single layer; roast 15 minutes. Add sage, cheese, and orange zest and toss to coat, then flip slices. Roast until squashes are tender and golden brown, about 15 minutes more; serve.

# ROASTED SQUASH WITH BACON AND MAPLE

Active Time: **15 min.**Total Time: **45 min.**Serves: **6** 

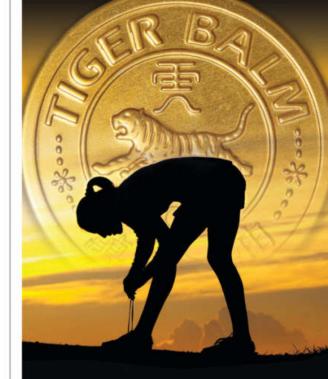
- 2 small acorn squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges
- 1/3 cup pure maple syrup
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon cayenne pepper Coarse salt
- 3 thick slices bacon (about 4 ounces total), cut crosswise into ¼-inch pieces

Preheat oven to 400°. Toss squashes with maple syrup, oil, cayenne, and 1 teaspoon salt on a rimmed baking sheet. Spread in a single layer; roast 10 minutes. Add bacon, then flip squashes to coat. Roast, flipping once more halfway through, until tender and golden brown, about 20 minutes more; serve.

# CHICKEN-AND-SQUASH CURRY

Active Time: **45 min.**Total Time: **2 hr.**Serves: **8** 

- 2 large onions, coarsely chopped (4 cups)
- 8 to 10 cloves garlic, coarsely chopped (1/4 cup)
- ½ cup coarsely chopped peeled fresh ginger (from a 4-inch piece)
- ½ cup plus 1 tablespoon safflower oil
- 1 tablespoon cumin seeds
- 2 teaspoons black or brown mustard seeds
- ½ teaspoon ground coriander
- 1/4 teaspoon ground turmeric



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- 1/4 teaspoon cayenne pepper
- 1 whole clove
- 2 tablespoons tomato paste
- 4 cups low-sodium chicken broth
- 3 fresh curry leaves (available at penzeys.com) or 2 dried bay leaves
- 3 pounds bone-in chicken thighs, skinned
- 1¼ pounds kabocha or butternut squash, halved, seeded, peeled, and cut into 1-inch pieces (5 cups)

Coarse salt

Cooked basmati rice, yogurt, and cilantro, for serving

- 1. Purée onions, garlic, and ginger in a food processor until smooth. Heat a Dutch oven or other heavy-bottomed pot over medium-high. Add ¼ cup oil and cumin and mustard seeds. Cook, stirring, until fragrant, 30 to 60 seconds.
- 2. Add onion mixture and cook, stirring occasionally, until beginning to brown, about 8 minutes. Reduce heat to low and cook, stirring frequently, until liquid has evaporated and bottom of pan begins to brown, about 3 minutes more. Stir in remaining 1 tablespoon oil and spices; cook 15 seconds. Stir in tomato paste and cook, stirring, 15 seconds more.
- **3.** Add broth and cook, scraping up browned bits from bottom of pot. Add curry leaves and bring to a boil. Reduce to a simmer; cook, partially covered, 30 minutes.
- **4.** Season chicken and squash with salt and add to pot, pushing down into liquid. Return to a boil, reduce to a simmer, and cook, partially covered and occasionally pushing chicken and squash into liquid, until chicken is cooked through and squash is tender, about 40 minutes. Season with more salt. Serve over rice, topped with yogurt and cilantro.

#### SQUASH LASAGNA WITH SPINACH

Active Time: **50 min.** Total Time: **2 hr.** Serves: **12**  You can roast the squash and prepare the béchamel and filling (omitting the egg) up to two days before assembling the lasagna; let each cool before refrigerating in separate containers. Stir the egg into the filling just before using.

#### SQUASH

- 1 small kabocha squash (3¼ pounds), quartered, seeded, peeled, and cut into ½-inch wedges
- 3 tablespoons unsalted butter, cut into small pieces Coarse salt and freshly ground pepper

#### BÉCHAMEL

- 4 tablespoons unsalted butter
- small onion, minced (½ cup)
   Pinch of freshly grated nutmeg

Coarse salt

- 1 tablespoon Dijon mustard
- 1/4 cup dry white wine, such as Sauvianon Blanc
- 1/3 cup all-purpose flour
- 4 cups whole milk, plus more if necessary

#### FILLING

- 1½ cups fresh ricotta
- 2 cups coarsely grated Gruyère (10 ounces)
- 3/3 cup finely grated Parmesan (11/2 ounces)

Coarse salt and freshly ground pepper

Pinch of freshly grated nutmeg

1 large egg

#### **LASAGNA**

1 pound lasagna noodles (12 sheets)

Coarse salt

Extra-virgin olive oil, for baking sheet

- 2 packages (10 ounces each) frozen chopped spinach, thawed and squeezed well to remove excess liquid (1½ cups packed)
- 1. Squash: Preheat oven to 400°. Arrange squash in a single layer on 2 rimmed baking sheets. Dot with butter and season with salt and pepper. Roast 5 minutes. Flip squash, coating in butter, and

- roast 10 minutes more. Flip again and roast until tender, about 2 minutes more. Remove from oven. Reduce oven temperature to 375°.
- 2. Béchamel: Meanwhile, melt butter in a medium saucepan over medium-high. Add onion, nutmeg, and 2 teaspoons salt.

  Cook, stirring occasionally, until onion is translucent, about 3 minutes. Stir in mustard, then wine. Boil 1 minute. Stir in flour and cook, stirring constantly, 30 seconds. Gradually whisk in milk and bring to a boil, whisking constantly. Reduce to a simmer; cook 3 minutes. (You should have 4 cups; add more milk if necessary.)
- **3. Filling:** Stir together ricotta, 1½ cups Gruyère, and Parmesan. Season with salt, pepper, and nutmeg. Stir in egg.
- **4. Lasagna:** Cook noodles in a large pot of generously salted boiling water, gently stirring occasionally, until almost al dente, about 6 minutes (or according to package instructions). Drain. Rinse under cold water and lay noodles flat on a lightly oiled baking sheet to drain. (Do not let them touch.)
- **5.** Spread 1 cup béchamel in the bottom of a 9-by-13-inch baking dish. Arrange 4 noodles on top. Dot with one-third of filling. Top with half of squash, then spinach. Spread 1 cup béchamel over spinach. Top with 4 more noodles, one-third of filling, remaining squash, 1 cup béchamel, and layer of remaining 4 noodles. Finish with remaining filling and béchamel. Sprinkle with remaining ½ cup Gruyère.
- **6.** Cover lasagna with parchment-lined foil and bake until heated through and bubbling at edges, 35 to 40 minutes. Turn oven to broil, remove foil, and broil until golden brown in spots and bubbling, 2 to 5 minutes. Let cool 20 minutes before serving.

# SPICY SQUASH SALAD WITH GINGER-LIME DRESSING

Active Time: **30 min.**Total Time: **50 min.**Serves: **6** 

- 1/2 small butternut squash (about 1 pound), peeled, halved, and cut into 3/4-inch pieces
- 1 small acorn squash (1 pound), peeled and cut into <sup>3</sup>/<sub>4</sub>-inch wedges

Coarse salt

- 1/4 cup very thinly sliced shallot
- 1/4 cup fresh lime juice
- 1/2 cup safflower oil
- 1 to 2 red Thai chiles, thinly sliced (2 teaspoons), ribs and seeds removed if less heat is desired
- 2 teaspoons finely grated peeled fresh ginger (from a 2-inch piece)
- 1/3 cup packed thinly sliced fresh basil, plus more for serving
- 1/4 cup packed thinly sliced fresh mint, plus more for serving
- 8 cups mixed lettuces, such as Boston, Bibb, and Iolla rossa or baby red leaf, for serving
- 1. Bring 2 inches of water to a boil in large pot with a steamer insert or colander. Add squashes and season with salt. Cover and cook until just tender, about 7 minutes. Transfer, in a single layer, to a baking sheet and let cool about 30 minutes. Meanwhile, combine shallot and lime juice in a small bowl and let stand 10 minutes.
- **2.** Whisk oil, chiles, and ginger into shallot mixture.
- **3.** Toss squash with ½ cup dressing and herbs. Season with salt. Toss lettuces with 2 to 3 tablespoons dressing; season with salt. Arrange squashes and lettuces on plates. Serve, topped with more herbs and drizzled with remaining dressing.

#### SQUASH-AND-RAJAS TOSTADAS

Active Time: **35 min.** Total Time: **45 min.** Serves: **6** 

To make your own tostada shells, heat ½ inch of safflower oil to 350° in a straight-sided skillet. Fry corn tortillas, turning them every 30 seconds, until crisp and golden, about 2 minutes total. Drain on paper towels; sprinkle with coarse salt.

- 6 radishes, very thinly sliced
- 2 tablespoons white vinegar

Coarse salt and freshly ground pepper

- 1/4 cup extra-virgin olive oil
- 2 large poblano chiles, stems and seeds removed, thinly sliced
- 2 medium onions, thinly sliced (3 cups)
- 1/4 medium kabocha squash, peeled and cut into 1-inch pieces (2 cups)
- ½ teaspoon chopped fresh oregano, plus small leaves for serving
- 6 to 8 tostada shells

  Sour cream and Cotija cheese,
  for serving
- **1.** Toss radishes with vinegar in a bowl. Season with salt; let stand.
- 2. Meanwhile, heat oil in a large straight-sided skillet over high. Add chiles and cook, stirring, 1 minute. Add onions and cook, stirring occasionally, until translucent, about 5 minutes. Stir in squash and season with salt and pepper. Cook, stirring, 1 minute. Stir in oregano.
- **3.** Add ½ cup water. Cover, reduce heat to medium, and cook, stirring once or twice, until squash is tender and almost all liquid is absorbed, about 6 minutes.
- **4.** Spread tostada shells with sour cream. Top with squash mixture and pickled radishes, dividing evenly. Drizzle with some of pickling liquid. Sprinkle with cheese and oregano leaves; serve.

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#### OCTOBER 2015



AMERICAN MADE

# Simon Pearce

PHOTOGRAPH BY LENNART WEIBULL

When glass-and-ceramics artist Simon Pearce moved his business from Ireland to the United States in 1981, he fell in love with a 25,000-square-foot vacant mill on the Ottauquechee River, in Vermont. It wasn't just the picturesque location that lured him but also its potential for hydropower.

"I set up shop and quickly added a turbine to produce electricity," says Pearce. "It made us selfsufficient and a little kinder to the planet." The turbine powers the company's flagship store– restaurant in Quechee—as well as, most important, its glassblowing furnaces. "Glass furnaces are usually powered by gas, but we use electricity," he says. "It allows us to produce a very high-quality glass that has the same refractory index as crystal but without the lead." Yet unlike special-occasion crystal, a Simon Pearce glass piece is made to be enjoyed every day.









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